

Registration begins August 5, 2021 | Para ayuda en español: 414.475.8180

FALL Recreation Guide



Activities for the entire community
YOUTH | TEENS | ADULTS | SENIORS

mkerec.net



A department of **MPS**

Fall fun on the way with Milwaukee Recreation!



Milwaukee Recreation is ready to celebrate a fun-filled fall season! We are thrilled to be able to safely continue offering many of your favorite programs including our \$5 swim lessons, youth sports clinics, art classes, adult sports leagues, and much more. Whatever you are looking for, we guarantee there is something new and interesting for you to try.

We are also excited to welcome back some of our most popular events and activities. The 14th annual Run Back to School returns to Wick Playfield on Saturday, August 28. More details about the 5K fun run and 1.5 mile walk will be shared soon. Additionally, we invite you and your family to join us for a child-friendly hike through Hawthorn Glen at the 28th annual Halloween Glen on October 8 & 9. This year's theme is, "Living the Sky Life!"

Finally, you'll be happy to see the return of our very popular cooking classes on page 45. We know many of you have perfected your meal prep talents over the past year. Now join us to sharpen your skills even further with our many talented instructors!

We look forward to seeing you this fall and invite you to browse this recreation guide for a memorable experience to try this season. You never know what you might find!

Dr. Keith P. Posley
Superintendent of Schools



Want to be the first to get the latest Milwaukee Recreation updates in your inbox? Subscribe to Milwaukee Recreation's free electronic newsletter, **Rec. Reader!**

Each month, the Recreational Reader provides updates, alerts, and deals to nearly 5,000 subscribers. Use the QR code or visit bit.ly/38MV6kF and sign up today!



A department of MPS

JOIN US FOR THE 14TH ANNUAL **RUN BACK TO SCHOOL!**



Milwaukee Recreation and MPS invite all runners and walkers to join us for the 14th annual Run Back to School on August 28, 2021 (rain or shine). Sign up for this event to enjoy a 5K run or 1.5 mile walk through Washington Park followed by some exciting family-friendly activities. All event proceeds will support youth recreation programs. Visit mkerec.net/rbts for more information. **Activity code: 5RBS3301.**

Table of Contents

1



**MILWAUKEE
PUBLIC SCHOOLS**

**This recreation guide is a
quarterly publication of
Milwaukee Recreation, a
department of MPS.**

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Ways to Register	2	Driver Education	21-23	Personal Skills	58-59
Registration Information	2	Twilight Centers	24	Sports & Recreation	59-60
Registration Form	3	Outdoor Education	25-29	Active Older Adults	60
Inclusion Services Policy	4	Halloween Glen	25	Golf	60
Program Locations	5	Outdoor Education	26-27	Adult Sports	61
MPS Head Start	6	Space Science	28	Therapeutic Recreation ..	62-64
Mother/Son Superhero	6	Rentals/Additional Information	29	Team Milwaukee – Special Olympics	65
Youth/Teen Activities	7-14	Aquatics	30-38	OASIS Community Ctr	66
Arts & Crafts	7	Level Information	30	Active Older Adults Program	
Baton	7	Protocols & Information	31	Chair Yoga	66
Cycling & Bike Maint.	8	\$5 Swim Classes	32	Outdoor Education Classes ..	66
Dance	8-9	General Swim Classes	33-34	Fitness Center	66
Language Skills	9	Adult Swim	35		
Mad Science	10	Aqua Fitness	35	WASA/Senior Dining/ Kick or Treat	67
Music	11	Youth Comp Swim	36	SMS Messaging Note/ Customer Survey	68
Music in MPS	12-13	Adult Comp Swim	37	Gift Card/Travel Club/Run Back to School	69
Nature in Your Neighborhood	13	Aqua Training	38	Safety Information	70
Personal Skills	14	Community Wellness	39-40	Face Mask Information	71
Play Groups	14	Adult Enrichment	41-60	Mission, Vision, Values	72
Babysitting Certification	14	Weaving & Fiber Arts	41		
Science	14	Arts & Crafts	42-45		
Youth/Teen Sports	15-20	Cooking	45		
Basketball	15	Cycling & Bike Maint.	46		
Football	16	Dance	46		
Games	16	Driver Education	47		
Golf	16	Fitness	47-52		
Gymnastics	17	Health & Wellness	52-53		
Lacrosse	17	Language Skills	53-55		
Martial Arts	17-18	Martial Arts	55		
Soccer	18	Music	56		
Tennis	18-19	Organization	57		
Track	20	Outdoor Education	57		
Volleyball	20				

Para ayuda en español: 475-8812

Important Dates — See page 2 for details.

August 3	Registration for Driver Education begins at 10AM
August 5	Priority registration for city of Milwaukee residents begins at 10AM
August 12	Non-city of Milwaukee residents' registration begins at 10AM.
August 27	Mail-in registration deadline.
August 27	Fax-in registration deadline. Fax registrations must be received by 4PM.

A NOTE REGARDING FALL 2021 REGISTRATION:

Registration will be available in-person, online, and via phone for the fall 2021 season. See page 2 for more details.

OUR MISSION:

To enrich and strengthen the community by promoting healthy lifestyles, personal development, and fun through memorable recreational and educational experiences for people of all ages and abilities.

OUR VISION:

To be the leading provider of quality and affordable recreation services in the Milwaukee community.

Ways to Register

Priority registration is given to city of Milwaukee residents beginning **August 5, 2021 at 10AM**. Non-city of Milwaukee residents may register beginning **August 12, 2021 at 10AM** through the dates listed below. Registration for Driver Education will begin on **August 3, 2021 at 10AM**.

1. ONLINE REGISTRATION

Deadline: one week before your class begins.

Visit mkerec.net for the easiest way to sign up. If you're having trouble logging into your account, please do not create a new account. Instead, please call 414.475.8180 for assistance.

SAVE YOUR USERNAME AND PASSWORD HERE:

2. IN-PERSON REGISTRATION

Deadline: one week before your class begins.

Milwaukee Recreation will be offering in-person registration this season. You can register as late as one week before your class begins. To guarantee a space please register early. You may register in-person at one of these offices:

1. Milwaukee Recreation office | 5225 W. Vliet St., Rm 56
Hours: Monday - Friday, 8:15am - 4:30pm
2. OASIS Community Center office | 2414 W. Mitchell St.
Hours: Monday - Friday, 8:15am - 4:00pm
3. Marshall Community Center | 4141 N. 64th St.
Hours: Saturday, September 11 from 10am - 12pm
4. Hamilton Community Center | 6215 W. Warnimont Ave.
Hours: Saturday, September 11 from 10am - 12pm

2. OVER-THE-PHONE REGISTRATION

Deadline: one week before your class begins.

1. Please call 414-475-8811 to inquire about registering for a class over the phone. Please have credit card information ready at the time of your call.

3. FAX-IN REGISTRATION

Through Friday, August 27 at 4:00 PM

1. Fax completed form to: Milwaukee Recreation.
(414) 475-8183. Please include a return FAX number.
2. A credit card number (MasterCard or Visa only), expiration date, and signature are required on all forms.

4. MAIL-IN REGISTRATION

Registration must be received by Friday, August 27

1. Checks and credit card information will be accepted. **NO CASH** via mail-in registration.
2. Make check payable to: Milwaukee Recreation. Please **DO NOT** send cash via mail.
3. Mail to: Milwaukee Recreation, P.O. Box 2181, Milwaukee, WI 53201-2181.
4. Active Older Adults: Mail to 2414 W. Mitchell St., 53204

Nondiscrimination Notice: It is the policy of the Milwaukee Public Schools, as required by section 118.13, Wisconsin Statutes, that no person will be denied admission to any public school or be denied the benefits of, or be discriminated against in any curricular, extracurricular, pupil services, recreational or other program or activity because of the person's sex, race, color, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation or physical, mental, emotional or learning disability. This policy also prohibits discrimination under related federal statutes, including Title VI of the Civil Rights Act of 1964 (race, color, and national origin), Title IX of the Education Amendments of 1972 (sex), and Section 504 of the Rehabilitation Act of 1973 (disability), and the Americans with Disabilities Act of 1990 (disability). The following individuals have been designated to handle inquiries regarding the non-discrimination policies: For section 118.13, Wisconsin Statutes, federal Title IX: Matthew Boswell, Director, Department of Student Services, Room 133, Milwaukee Public Schools, 5225 W. Vliet St., P.O. Box 2181, Milwaukee, Wisconsin, 53201-2181 (414) 475-8027. For section 504 of the Rehabilitation Act of 1973 (Section 504), federal Title II: J. Andy Woyte, Interim Section 504/ADA Coordinator, Department of Specialized Services, 6620 W. Capitol Dr., Milwaukee, WI, 53216, (414) 438-3677. ASI: (414) 438-3458

Important Registration Information

ENROLLMENT. Registrations will be processed in the order in which they are received. Enrollment is not guaranteed. We reserve the right to cancel classes because of low enrollment after a class has started and to close further enrollment when a class is filled. All participants must register and pay for classes prior to attending the first session.

DEADLINES. Registrations must be received before registration deadlines. No exceptions. Milwaukee Recreation is not responsible for delayed mail delivery, or unreadable or improperly transmitted faxes. No telephone registrations accepted.

CONFIRMATION. Activity confirmations will be mailed to the address listed on the registration form. If you register online, your confirmation will not be mailed; instead, you will be able to print your confirmation immediately.

REFUND POLICY. Information regarding our refund policy can be found online at www.mkerec.net/refund. Or, contact us at 414.475.8180 to receive a copy by mail.

INSURANCE. Milwaukee Recreation does not provide accident or hospital insurance for class participants. Participants should review their insurance policies for coverage.

FEES. Resident and non-resident fees are as listed under course offerings. Registration forms without the proper fee will be returned.

REDUCED ACTIVITY FEE (17 YEARS & UNDER). City of Milwaukee youth whose family is enrolled in FoodShare/SNAP (Supplemental Nutrition Assistance Program), Wisconsin Shares Childcare Subsidies, and/or Foster Care may be eligible for reduced fees. Children's classes over \$10 are eligible for a \$5 discount. Children's classes \$30 and over are eligible for a \$10 discount. **Classes, field trips, special events, and admission fees that are not eligible for reduced fees are noted in the class description. MPS Students: The MPS student database is used to verify eligibility. Registrant must provide documentation with registration if eligibility cannot be confirmed. Non-MPS Students: Must provide eligibility documentation with registration. Our full policy including acceptable documentation can be found online at www.mkerec.net/reduced.

PAYMENT METHODS. Includes check, money order, credit/debit card (VISA/ MasterCard only), and cash (in-person registration only). Denied Credit/Debit Cards: Individuals whose credit/debit card has been denied will not be registered until an alternate form of payment is received. Returned Checks: Individuals whose checks are returned will no longer be registered for that class. Individuals must register again by paying with cash or money order and will be included in the class if space is still available. A \$20 returned check charge will be added to your class fees. Out-of-state checks will not be accepted.

PROGRAM ACCESSIBILITY: Reasonable accommodations are made for individuals to participate in Milwaukee Recreation programs. For more information on requesting a reasonable accommodation, please visit the Inclusion Services Policy on page 4 or call 414-475-8182

AMERICANS WITH DISABILITIES ACT: Milwaukee Recreation is committed in both policy and practice to enforce and implement all required provisions of the Americans with Disabilities Act. If you or your child need a reasonable accommodation to participate in a recreation program, your request may be made to any Milwaukee Recreation staff person. Upon reasonable notice, efforts will be made to accommodate your request.

A.H.E.R.A. REGULATION: Official Notice to Inform All MPS Parents and Employees about Asbestos Containing Materials Inside School Buildings is Hereby Given: According to the United States E.P.A., the A.H.E.R.A. Regulation requires annual notification to all employees and parents/guardians regarding asbestos containing materials inside school buildings. Management Plans specifying locations, condition, and past response actions of these materials are located in the respective engineer's office for each site and are available for review during normal school hours as required by A.H.E.R.A. In the ongoing program to safely maintain asbestos-containing materials, MPS conducts surveillances, and 3-year reinspections, and implements appropriate response actions. If interested parties have specific questions relating to the Milwaukee Public School District policy or the scheduling of asbestos related activities planned or in progress, please contact the MPS Environmental Services Department at 414.283.4626.

MILWAUKEE RECREATION CLASS/ACTIVITY REGISTRATION FORM

MAIN CONTACT

LAST NAME

FIRST NAME

MIDDLE INITIAL

DATE OF BIRTH

RECEIPT # (OFFICE USE ONLY)

ADDRESS

(NO PO BOX #s, PLEASE)

APT. #

CITY

ZIP CODE

PHONE ()

E-MAIL

CHECK BOX IF ADDRESS IS NEW

PERMISSION: I hereby grant permission for my child/myself to participate in the above-named Milwaukee Recreation event. In the event of any injury requiring medical attention, I hereby grant permission to the recreation staff (including volunteers) to attend to my son/daughter or myself including seeking medical attention.

WAIVER: I/we recognize that unanticipated situations and problems can arise during Recreation activities that are not reasonably within the control of the recreation staff (including volunteers). I/we therefore agree to release and hold harmless the Milwaukee Board of School Directors, its agents, officer, employees, and volunteers, from any and all liability, claims, suits, demands, judgments, costs, interest and expense (including attorneys' fees and costs) arising from such activities, including any accident or injury to myself or my child and the costs of medical services.

PHOTO PERMISSION/RELEASE: I understand that there are times when the local news media, national news media and/or nonprofit organizations partnering with Milwaukee Public Schools (MPS) request the opportunity to videotape, take photographs and/or interview participants within Milwaukee Recreation and MPS. By signing this, I understand that and give permission for MPS to allow this with respect to my child and/or myself. I also understand that by signing this release I give permission to MPS to make or use pictures, slides, digital images, or other reproductions of me, of my minor child or of materials owned by me or my child, and to put the finished pictures, slides, or images to use without compensation in broadcast productions, publications, on the Web, or other printed or electronic materials related to the role and function of the MPS. I understand that by signing this, I am, on behalf of myself and/or my child, releasing MPS and its directors, officers, employees and agents, from any future claims as well as from any liability arising from the use of any photograph or other images. This form shall be valid for the duration of the current Milwaukee Recreation program season.

I hereby certify that I have read and do understand the above information:

X

Signature required for all registrations

☐ CASH

☐ MONEY ORDER

☐ CHECK (#)

CHECKS PAYABLE TO MILWAUKEE RECREATION

CREDIT CARD #

CARDHOLDER NAME

PHONE NUMBER ()

SIGNATURE: _____

EXP. DATE ____/____/____

SECURITY CODE: _____

NEW: DEMOGRAPHIC INFORMATION (MAIN CONTACT)

1. Which race or ethnicity best describes you?

- Hispanic/Latino (1) _____
- American Indian or Alaska Native (2) _____
- Asian (3) _____
- Black or African American (4) _____
- Native Hawaiian or other Pacific Islander (5) _____
- White (6) _____
- Two or more races (7) _____
- Prefer not to answer (8) _____

2. Which of the following most accurately describes you?

- Male (M) _____
- Female (F) _____
- Transgender (T) _____
- Non-binary (N) _____
- Prefer not to answer (P) _____

For each participant please record the corresponding letter and number in the "DEMO" column in the table below.

Activity Code	Section Code	Activity Name	Day	Time	Fee	First/Last Name	DEMO	DOB (Month/Day/Year)

Please sign this form at left, enclose total payment, and mail to Milwaukee Recreation

PO Box 2181

Milwaukee, WI, 53201

or fax to 414.475.8183 before the advertised registration deadlines.

TOTAL FEES \$

REDUCED ACTIVITY FEE

\$

SCHOOL NAME: _____

Please check this box if you wish to donate \$1 to the Youth Program Fund.

TOTAL PAYMENT DUE \$

REDUCED ACTIVITY FEE (17 YEARS & UNDER)

Families meeting financial guidelines may qualify for an activity discount. Children's classes over \$10 are eligible for a \$5 discount. Children's classes \$30 and over are eligible for a \$10 discount. Most field trips, special events, and admission fees are not eligible and are so noted in the class description. School-age youth whose family qualifies for one or more of the following program subsidies are eligible for the youth discount (where applicable): FoodShare/SNAP (Supplemental Nutrition Assistance Program), Wisconsin Shares Childcare Subsidies, and Foster Care. The MPS student database will be used to verify participant eligibility. Non-MPS students must provide eligibility documentation with registration. Our full policy can be found online at www.mkearec.net/reduced.

CHECK THIS BOX IF YOU ARE REQUESTING THE REDUCED ACTIVITY FEE FOR YOUR CHILD

MILWAUKEE RECREATION INCLUSION SERVICES POLICY

Milwaukee Recreation is committed to creating and promoting inclusion within all facilities and programs. Through the Inclusion Services Policy and supporting practices, we aim to ensure that everyone has access to the benefits of quality parks and recreation.

Milwaukee Recreation defines inclusion as the process of including all persons, regardless of their socioeconomic level, abilities, language, ethnic origin, sexual orientation or gender identification.

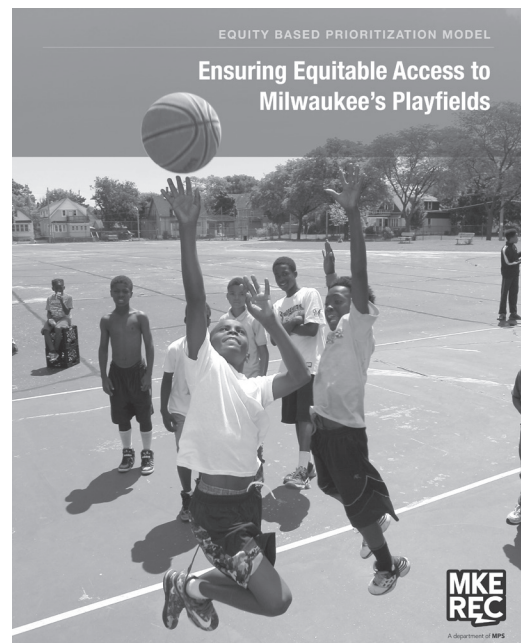
POLICY GOALS: The Inclusion Services Policy outlines Milwaukee Recreation's approach to ensuring inclusive environments and equitable opportunities for all community members in local parks and recreation.

THIS POLICY ENSURES THAT:

- Community members utilizing our facilities, programs and services have equitable and ability-appropriate access to programs and services regardless of ability, race, age, language, religion, country of origin, sexual orientation, or gender identity.
- Site staff, community partners and stakeholders engage in the support of all community members and promote inclusive behaviors both in park and recreation facilities and throughout the community in public spaces.
- Milwaukee Recreation establishes and maintains an organizational infrastructure for the management of the policy and its established goals and objectives.
- Milwaukee Recreation will continuously measure and improve inclusive practices.

We invite you to visit mkerec.net/inclusion to learn more about Milwaukee Recreation's efforts to support inclusive practices across all program areas including the Equity Based Prioritization Model for playfield improvements, professional development opportunities for staff, Everyone Plays! Scholarship Program, and the new process for requesting accommodations for Recreation classes.

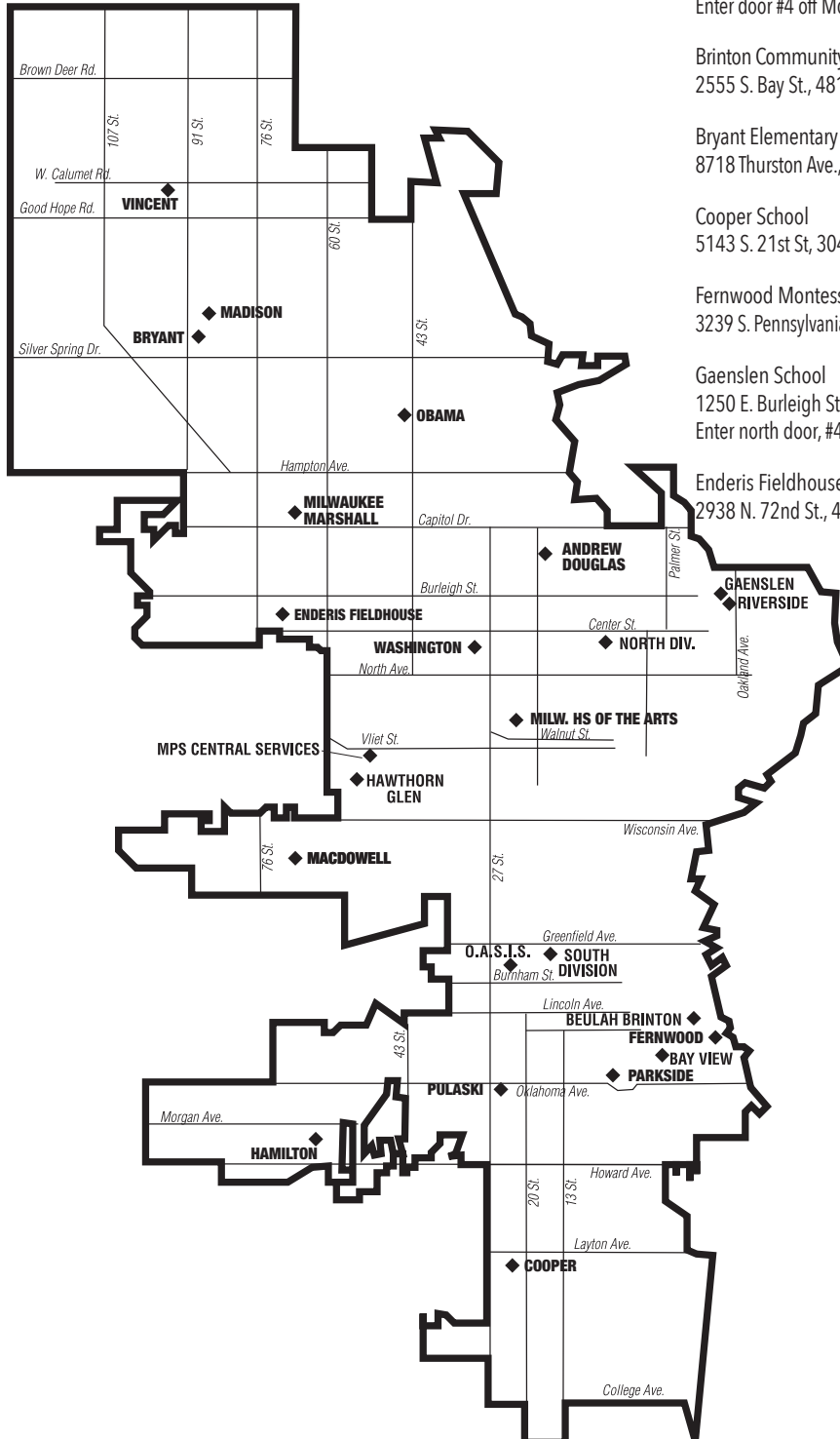
Need accommodations? Submit an ADA Accommodation Request electronically by visiting mkerec.net/inclusion and a member of the recreation team will contact you for further details.



EVERYONE PLAYS!



Please use the phone numbers listed only during recreation program hours at that location.



Bay View High School
2751 S. Lenox St., 294-2517
Enter door #4 off Montana St.

Brinton Community Center
2555 S. Bay St., 481-2494

Bryant Elementary School
8718 Thurston Ave., 475-8596

Cooper School
5143 S. 21st St, 304-6300

Fernwood Montessori
3239 S. Pennsylvania Ave, 294-1300

Gaenslen School
1250 E. Burleigh St., 267-5734
Enter north door, #4

Enderis Fieldhouse
2938 N. 72nd St., 453-6026

Andrew Douglas

Gaenslen Riverside

Washington

North Div.

Milw. HS of the Arts

Hawthorn Glen

Macdowell

O.A.S.I.S. South Division

Beulah Brinton

Fernwood

Bay View

Parkside

Pulaski

Hamilton

Cooper

Hawthorn Glen
1130 N. 60th St., 777-7888

Hamilton High School
6215 W. Warnimont Ave., 327-9402
Enter door #5 off south parking lot

Lapham Peak
W329 N846 County Road C
Delafield, WI 53018

MacDowell Montessori
6415 W. Mt. Vernon Ave., 935-1387
Enter door #7

Madison High School
8135 W. Florist Ave., 393-6307
Enter door #7 off south parking lot

Milwaukee Marshall
4141 N. 64th St., 393-2391 or 393-2388
Enter door #10 - N. 64th St. & W. Hope Ave.

Milwaukee HS of the Arts
2300 W. Highland Ave., 934-7000

MPS Central Services
5225 W. Vliet St., 475-8180
Enter southwest door off rear parking lot

North Division High School
1011 W. Center St., 267-5077
Enter west side of building near tennis courts

OASIS
2414 W. Mitchell St., 647-6041

Obama High School
5075 N. Sherman Blvd.
Enter door #5

Pulaski High School
2500 W. Oklahoma Ave.

Riverside High School
1615 E. Locust St., 906-4959
Enter door #5 on Locust St.

South Division High School
1515 W. Lapham Blvd., 902-8377
Enter east door off faculty parking lot on 13th St.

Vincent High School
7501 N. Granville Rd., 262-236-1270
Enter north east door #4 near fieldhouse

Washington High School
2525 N Sherman Blvd, 875-5900



MILWAUKEE
PUBLIC SCHOOLS



Head Start REGISTRATION

Will your child turn 3 or 4 by September 1, 2021?
Enroll now for fall! MPS offers FREE half-day and full-day programs at 35 sites across the city. Programs fill quickly!

Contactless Registration
June 21 – August 20, 2021
10:00 A.M. – 4:00 P.M.

- ❶ Pick up a registration folder.
- ❷ Complete the forms off site or in your car.
- ❸ Return your forms to the Head Start dropbox.

Required Documents

- ❶ Proof of residency in the city of Milwaukee
- ❷ Certified birth certificate
- ❸ Proof of income

Head Start staff will be available for assistance.



Grant Gordon Learning Center

921 W. Meinecke Ave.

Milwaukee 53206

Enter at Door 5 on 10th Street

For information, call (414) 252-0350.

mpsmke.com/headstart

School starts Monday, August 16
for early start schools.

School starts Thursday, September 2
for traditional calendar schools.

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It's a bird... it's a plane...

It's Mother/Son Superhero Night!

We hope to bring back this annual event in November. Be on the lookout for more details at mkerec.net.

ARTS & CRAFTS

Paper Block-Swan Making

In this class students will be able to get creative and make any bird they would like to! The basic folding for these blocks is easy, however, many blocks will need to be made. For example, a small swan needs more than 200 block pieces. If you want to increase your fine motor skills and persistence, this class is perfect for you. A \$15 supplies fee is due to the instructor on the first day of class. Youth and adult class are combined.

Activity Code: 2RCE0900
(Section codes listed below)

Hamilton (Ages 13-17)..... HA01

Mon, Nov 15-Dec 6, 6:00PM- 7:15PM
\$12 Residents/\$18 Non-Residents

Hamilton (Ages 8-12)..... HA02

Tue, Nov 16-Dec 7, 6:00PM- 7:15PM
\$12 Residents/\$18 Non-Residents



Paper Flower Making

From the basic steps to advanced levels, beautiful flowers made of various papers can bring spring close to people. When you see the beauty of flowers, instilling joy and amazement, it is only natural to want to recreate them with your hands. In this class you may create carnations, golden bell flowers, iris, bellflowers, lilies, tulips, and so much more! A \$15 class fee for supplies is due to the instructor on the 1st day of class.

Activity Code: 2RCE0913
(Section codes listed below)

Hamilton (Ages 8-12)..... HA02

Mon, Sep 20-Oct 11, 5:30PM- 6:45PM
\$12 Residents/\$18 Non-Residents

Hamilton (Ages 13-17)..... HA01

Tue, Sep 21-Oct 12, 7:30PM- 8:45PM
\$12 Residents/\$18 Non-Residents

Paper Dolls Making

Using diverse papers, learners will create their own specific dolls through folding paper and using glue for decoration or special gifts. A \$20 supplies fee is due to the instructor on the first day of class.

Activity Code: 2RCE0956
(Section codes listed below)

Hamilton (Ages 13-17)..... HA01

Mon, Oct 18-Nov 8, 5:30PM- 7:00PM
\$14 Residents/\$21 Non-Residents

Hamilton (Ages 8-12)..... HA02

Tue, Oct 19-Nov 9, 5:30PM- 6:45PM
\$12 Residents/\$18 Non-Residents

BATON

Baton

Twirl your way to fun while you learn basic skills such as figure 8s, flat spins, pinwheels and tosses. Coordinate your twirling with marching jumps, leaps and dance steps. Enjoy the opportunity to perform. A baton is required and can be purchased from the instructor. Class taught by Marcy Blaufuss!

Activity Code: 2RCE7901
(Section codes listed below)

Beulah Brinton (Ages 5-17)..... BN01

Sat, Sep 25-Nov 13, 10:30AM-11:30AM
\$18 Residents/\$27 Non-Residents

Beulah Brinton (Ages 5-17)..... BN02

Sat, Dec 4-Jan 15, 10:30AM-11:30AM
\$12 Residents/\$18 Non-Residents



MILWAUKEE RECREATION

TWILIGHT CENTERS

Ready for fall fun at Twilight?

This fall, Milwaukee Recreation's Twilight Centers will be offering some exciting family-friendly events.

Visit mkerec.net/twilight to stay up-to-date on all we have planned!

CYCLING AND BIKE MAINTENANCE

Mountain Biking 201

Mountain Biking 201 will be a continuous progression from Mountain Biking 101, covering more advanced skills for navigating courses and trails as well as some basic bicycle maintenance. This course is designed for those interested in riding and racing in the Wisconsin High School Cycling League, part of the National Interscholastic Cycling Association (NICA). Participation in Mountain Biking 101 is recommended as a prerequisite. Participants are encouraged to bring their own bikes; however, bikes are available upon request in a limited capacity. Class fee is non-refundable.

Activity Code: 2RCE2804
(Section codes listed below)

MacDowell (Ages 12-18)..... JU01
Tue/Thu, Aug 10-Oct 21, 3:30PM- 6:00PM
\$25 Residents/\$25 Non-Residents

Riverside (Ages 12-18)..... RS01
Tue/Thu, Aug 10-Oct 7, 3:00PM- 5:30PM
\$25 Residents/\$25 Non-Residents

Bike Maintenance with Billie

This class will teach you the skills needed to keep and maintain your bike in fine working order. These skills will save you time, money and make your rides easier and safer. With a few tools, you can make your bike rideable. This class is for beginners. In this class you will cover the following: changing a flat tire, fixing a slipped chain, completing a minor brake repair and seasonal cleaning. Class taught by Billie Myhra. Please bring your bike to class. Youth and adult classes are combined. Class fee is non-refundable. Supplies and tools provided by Coast in Bikes.

Activity Code: 2RCE2807
(Section codes listed below)

Hamilton (Ages 11-17)..... HA01
Sat, Oct 9, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents

MacDowell (Ages 11-17)..... JU01
Sat, Sep 25, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents

Milwaukee Marshall (Ages 11-17).MR01
Sat, Oct 2, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents

Riverside (Ages 11-17)..... RS01
Sat, Sep 18, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents

DANCE

Princess Ballet

A springboard to Beginner Ballet. Children learn to express themselves through movement and dance using stories of familiar princesses. Begin to understand basic concepts such as tempo, levels and space. Dancers should wear ballet shoes and tight fitting clothes or ballet tights, leotard, and/or a ballet skirt.

Activity Code: 2RCE2929
(Section codes listed below)

MacDowell (Ages 3-4)..... JU01
Mon, Sep 20-Nov 8, 5:30PM- 6:15PM
\$14 Residents/\$21 Non-Residents

African Dance

Explore the art of African dance as you enhance your rhythmic and creative movement skills. Experience African culture, music, and dance. Please wear comfortable clothing. All levels are welcome.

Activity Code: 2RCE2901
(Section codes listed below)

Riverside (Ages 6-17)..... RS01
Sat, Sep 11-Oct 30, 1:00PM- 2:00PM
\$20 Residents/\$30 Non-Residents

Riverside (Ages 6-17)..... RS02
Sat, Dec 4-Jan 8, 12:00PM-12:55PM
\$12 Residents/\$18 Non-Residents

Ballet

Ballet is a fine art discipline which strives to improve coordination, posture and muscular development. Learn basic ballet positions, steps and floor combinations. Ballet shoes and leotards are recommended. Unless otherwise noted, all classes are beginner level.

Activity Code: 2RCE2902
(Section codes listed below)

MacDowell (Ages 7-10)..... JU01
Mon, Sep 20-Nov 8, 6:30PM- 7:30PM
\$18 Residents/\$27 Non-Residents

Riverside (Ages 5-6)..... RS02
Sat, Sep 11-Nov 6, 11:00AM-11:50AM
\$16 Residents/\$24 Non-Residents

Riverside (Ages 7-10)..... RS01
Sat, Sep 11-Oct 30, 12:00PM-12:50PM
\$16 Residents/\$24 Non-Residents

Riverside (Ages 7-10)..... RS04
Sat, Dec 4-Jan 8, 12:05PM- 1:00PM
\$12 Residents/\$18 Non-Residents

Disney® Dance

Dance to the songs and music of classic Disney® stories and films. Each class will start with the reading of a Disney® story followed by learning dances to music associated with that story. Join us in bringing the music to life!

Activity Code: 2RCE2906
(Section codes listed below)

Riverside (Ages 3-5)..... RS02
Sat, Dec 4-Jan 8, 9:35AM-10:20AM
\$16 Residents/\$24 Non-Residents

Hip Hop

Break out of the boring routine and into freestyle dance! Learn hip hop grooves you've always wanted to, but never thought you could.

Activity Code: 2RCE2908
(Section codes listed below)

MacDowell (Ages 7-12)..... JU01
Sat, Sep 18-Nov 6, 10:00AM-11:00AM
\$18 Residents/\$27 Non-Residents

Milwaukee Marshall (Ages 7-14)...MR01
Thu, Sep 23-Oct 28, 6:00PM- 7:00PM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 8-12)...MR02
Thu, Nov 4-Dec 16, 6:00PM- 7:00PM
\$14 Residents/\$21 Non-Residents

*A word from our customers...
Pre-Ballet is an excellent class.
The dancers learned all about
positions and performance!*

Pre-Ballet

Your child will be introduced to the basic posture and positions of ballet, while having fun with rhythm and creative movement. Ballet shoes and leotards are recommended.

Activity Code: 2RCE2911
(Section codes listed below)

Riverside (Ages 3-4)..... RS01
Sat, Sep 11-Oct 30, 10:00AM-10:50AM
\$14 Residents/\$21 Non-Residents

Riverside (Ages 5-6)..... RS02
Sat, Sep 11-Oct 30, 11:00AM-11:50AM
\$14 Residents/\$21 Non-Residents

Riverside (Ages 4-5)..... RS03
Sat, Dec 4-Jan 8, 10:25AM-11:15AM
\$14 Residents/\$21 Non-Residents

Riverside (Ages 6-7)..... RS04
Sat, Dec 4-Jan 8, 11:20AM-12:00PM
\$11 Residents/\$17 Non-Residents

Giggle, Wiggle, Shake!

This class will teach your child the beginning steps of dance, while having fun learning with other children their age. (no special shoe requirement) Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE2917
(Section codes listed below)

Riverside (Ages 2-3)..... RS01

Sat, Sep 11-Oct 30, 9:20AM- 9:50AM
\$11 Residents/\$17 Non-Residents

Riverside (Ages 2-3)..... RS02

(Not eligible for reduced fees)
Sat, Dec 4-Jan 8, 9:00AM- 9:30AM
\$8 Residents/\$12 Non-Residents

Contemporary Jazz

This class uses jazz, classic ballet, and lyrical jazz to express the beauty, excitement, and emotions of a song. Your child will be leaping for joy and showing off his or her jazz hands in no time. Please have your child wear jazz shoes (no ballet shoes) and comfy clothes to class.

Activity Code: 2RCE2930
(Section codes listed below)

MacDowell (Ages 4-9)..... JU01

Sat, Sep 18-Nov 6, 11:15AM-12:15PM
\$18 Residents/\$27 Non-Residents

Beginner Ballet/Tap

This combination class offers tap and ballet instruction in a fun atmosphere. In tap, students work with timing and rhythms, while ballet focuses on technique. Dancers should bring ballet and tap shoes.

Activity Code: 2RCE3931
(Section codes listed below)

MacDowell (Ages 6-9)..... JU01

Sat, Sep 18-Nov 6, 12:30PM- 1:30PM
\$18 Residents/\$27 Non-Residents



LANGUAGE SKILLS

French

Bonjour! This class offers an introduction to conversational French for students with prior or no prior French language knowledge. Students will learn language skills in a cultural context covering topics such as clothing, food, music, art, pastime activities, and more. Hope to see you there.

Activity Code: 2RCE4401
(Section codes listed below)

Beulah Brinton (Ages 6-12)..... BN01

Fri, Sep 24-Nov 12, 4:30PM- 5:30PM
\$18 Residents/\$27 Non-Residents

Beulah Brinton (Ages 6-12)..... BN02

Fri, Dec 3-Jan 14, 4:30PM- 5:30PM
\$12 Residents/\$18 Non-Residents

Spanish Club

NEW 1,2,3 Vamonas! is a Spanish Club for beginning speakers in grades 1-3. Hands-on activities encourage language learning through music, storytelling, and creative projects. Students will also learn about different Spanish speaking cultures; from foods to festivals, to historic figures, language and culture weave together in this ongoing learning series.

Activity Code: 2RCE4404
(Section codes listed below)

Fernwood (Ages 6-9)..... FW01

Tue, Sep 28-Nov 16, 2:30PM- 3:30PM
\$18 Residents/\$27 Non-Residents

Fernwood (Ages 6-9)..... FW02

Tue, Sep 28-Nov 16, 3:30PM- 4:30PM
\$18 Residents/\$27 Non-Residents

Korean Culture Class

Do you want to understand the BTS songs? Have you ever enjoyed K-pop or K-drama? Learn Korean language and build an understanding of the unique culture from traditional and contemporary lenses. Have fun with native language instructor covering everything with paper folding arts (origami), Taekwondo, calligraphy, and more. Students can have a chance to learn basic Korean language course with Hangeul, Korean alphabets. They will learn Korean conversation and writing.

Activity Code: 2RCE4405
(Section codes listed below)

Hamilton (Ages 8-12)..... HA01

Sat, Sep 18-Oct 30, 12:30PM- 2:00PM
\$26 Residents/\$39 Non-Residents

Hamilton (Ages 13-17)..... HA02

Sat, Sep 18-Oct 30, 2:15PM- 3:45PM
\$26 Residents/\$39 Non-Residents

Korean Culture II

If you can read Korean alphabets, you can take Korean Culture II. You can learn some more in-depth knowledge relating to Korean history, arts, and music.

Activity Code: 2RAE4432
(Section codes listed below)

Hamilton HA01

Sat, Sep 18-Oct 30, 10:15AM-11:45AM
\$31 Residents/\$47 Non-Residents

EVERYONE PLAYS!

If you receive state or federal assistance like FoodShare or BadgerCare, your children may be eligible to receive a scholarship to pay for most classes in the Milwaukee Recreation Guide. This includes arts & crafts, cooking, dance, fitness, language skills, music, outdoor education, sports, swimming and more!

Limited scholarships available. Apply today! Please call 414.475.8180 or visit mkrec.net/scholarship to learn more and complete our short application.

MAD SCIENCE

Mad Science: Digging for Dinosaurs

Dinosaurs Examine real fossil casts, and explore the differences in the teeth of herbivorous and carnivorous dinosaurs. Students will participate in a mini dinosaur excavation and make a dinosaur tooth to take home. Children should bring their own snack (no nut products please). Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7604
(Section codes listed below)

Riverside (Ages 5-12)..... RS02
Sat, Sep 25, 10:00AM-11:00AM
\$18 Residents/\$27 Non-Residents

Riverside (Ages 5-12)..... RS03
Sat, Sep 25, 11:15AM-12:15PM
\$18 Residents/\$27 Non-Residents

Mad Science: Electricity Workshop

This workshop introduces students to the fundamental concepts of electricity: circuits, conductors, insulators, and how electricity is converted for everyday uses. Students get to create different circuits, interact with plasma balls, discover "sticky" static electricity and make their own static energy chambers to take home. Children should bring their own snack (no nut products please). Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7605
(Section codes listed below)

Hamilton (Ages 5-12)..... HA02
Sat, Oct 23, 10:00AM-11:00AM
\$18 Residents/\$27 Non-Residents

Hamilton (Ages 5-12)..... HA03
Sat, Oct 23, 11:15AM-12:15PM
\$18 Residents/\$27 Non-Residents



Mad Science: Slime Time

Ooze into a gooey hour of sliming around! Create slime using the Mad Science recipe and then enter your creation in the Slime Olympics. Take home your own concoction of Mad Science Slime. Children should bring their own snack (no nut products please). Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7615
(Section codes listed below)

Riverside (Ages 5-12)..... RS02
Sat, Oct 2, 10:00AM-11:00AM
\$18 Residents/\$27 Non-Residents

Riverside (Ages 5-12)..... RS03
Sat, Oct 2, 11:15AM-12:15PM
\$18 Residents/\$27 Non-Residents

Mad Science: Earthworks

Dig into Earth Science! Uncover rock samples and discover how they formed. Inspect fluorescing minerals. Model the moving plates that cause bends and breaks. See how sediment stacks with the multi purpose test tube. You might even witness an erupting volcano! Children should bring their own snack (no nut products please). Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7620
(Section codes listed below)

Riverside (Ages 5-12)..... RS01
Sat, Oct 9, 10:00AM-11:00AM
\$18 Residents/\$27 Non-Residents

Riverside (Ages 5-12)..... RS02
Sat, Oct 9, 11:15AM-12:15PM
\$18 Residents/\$27 Non-Residents

Mad Science: Radical Robots

What are automatons? How do robotic systems work? Learn all about robot-building in this exciting Mad Science lab! Students will tinker with their very own robots as they learn the basic engineering skills involved in building these machines. Experiment with robots that can do some extraordinary tasks, infrared robots, robotic arms, and even robots that like to play. Children should bring their own snack (no nut products please). Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7622
(Section codes listed below)

Hamilton (Ages 5-12)..... HA01
Sat, Oct 16, 10:00AM-11:00AM
\$18 Residents/\$27 Non-Residents

Hamilton (Ages 5-12)..... HA02
Sat, Oct 16, 11:15AM-12:15PM
\$18 Residents/\$27 Non-Residents



Mad Science: Lab Works

Use your hands as a real Mad Scientist in this whirlwind class on how a lab works! Learn to manipulate laboratory equipment at your personal lab bench. Take home your very own Graduated Cylinder and pipette! Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7626
(Section codes listed below)

Hamilton (Ages 5-12)..... HA01
Sat, Nov 13, 10:00AM-11:00AM
\$18 Residents/\$27 Non-Residents

Hamilton (Ages 5-12)..... HA02
Sat, Nov 13, 11:15AM-12:15PM
\$18 Residents/\$27 Non-Residents

Mad Science: Robot Invasion

Explore the basic and complex technology used to design and build robots. Discover how machines and robots work and how they make our lives easier. Learn about simple circuits, motor principles and make your own robot hand to take home. Junior Scientists will love playing with the many robots we bring along. Children should bring their own beverage and snack (no nut products please). Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7631
(Section codes listed below)

Riverside (Ages 5-12)..... HA01
Sat, Oct 30, 9:00AM-1:00PM
\$60 Residents/\$90 Non-Residents

Mad Science: Spy Academy

Look out 007! From edible messages and decoding clues, students will have the opportunity to check out their skills that spies have to have to survive. Spies use these skills in the world of espionage. Children should bring their own snacks (no nut products please). Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE7636
(Section codes listed below)

Hamilton (Ages 8-17)..... HA01
Sat, Nov 6, 10:00AM-11:00AM
\$18 Residents/\$27 Non-Residents

Hamilton (Ages 8-17)..... HA02
Sat, Nov 6, 11:15AM-12:15PM
\$18 Residents/\$27 Non-Residents

MUSIC

Songwriting 101

No matter what age, aspiring to be a great musician (or even good one) goes beyond merely practicing. Taught by Dennis Dykstra, learn the basics of music theory including ear training and songwriting. Let us help you become a better performer and increase your options as a musician. Don't bring an instrument to the first class. Class is combined with adult class.

Activity Code: 2RCE4601
(Section codes listed below)

Hamilton (Ages 12-17)..... HA01

Wed, Sep 22-Nov 10, 7:45PM- 8:45PM
\$18 Residents/\$27 Non-Residents



Bass Guitar

Learn the basics, theory, riffs and chord progressions. Bring your own bass guitar. Class is combined with adult class.

Activity Code: 2RCE4602
(Section codes listed below)

Beulah Brinton (Ages 12-17)..... BN01

Fri, Sep 24-Nov 12, 7:15PM- 8:15PM
\$18 Residents/\$27 Non-Residents

Beulah Brinton (Ages 12-17)..... BN02

Fri, Dec 3-Jan 14, 7:15PM- 8:15PM
\$12 Residents/\$18 Non-Residents

Drums

Aspiring drummers will learn rhythm, accents, drum rolls and style. Bring a pair of drumsticks and a practice drum pad (available at most music stores). Class is combined with adult class.

Activity Code: 2RCE4603
(Section codes listed below)

Beulah Brinton (Ages 12-17)..... BN01

Fri, Sep 24-Nov 12, 6:00PM- 7:00PM
\$18 Residents/\$27 Non-Residents

Beulah Brinton (Ages 12-17)..... BN02

Fri, Dec 3-Jan 14, 6:00PM- 7:00PM
\$12 Residents/\$18 Non-Residents

Guitar

Learn basic chords, notes, and different strumming techniques. Strum your way to fun. Bring your own guitar. Class is combined with adult class.

Activity Code: 2RCE4604
(Section codes listed below)

Beulah Brinton (Ages 12-17)..... BN01

Sat, Sep 25-Nov 13, 2:00PM- 3:30PM
\$26 Residents/\$39 Non-Residents

Beulah Brinton (Ages 12-17)..... BN02

Sat, Dec 4-Jan 15, 2:00PM- 3:30PM
\$17 Residents/\$26 Non-Residents

Hamilton (Ages 12-17)..... HA01

Thu, Sep 23-Nov 11, 6:00PM- 7:30PM
\$26 Residents/\$39 Non-Residents

Riverside (Ages 12-17)..... RS01

(Beg. - Semi-Private)
Mon, Sep 13-Nov 1, 6:30PM- 8:00PM
\$51 Residents/\$77 Non-Residents

Piano

No matter what you do in life, it's always important to start with the basics. This class will give beginning piano enthusiasts an introduction to the keyboard, keys, scales, chords, melodies, and note reading. Classes are combined with adult classes. Keyboards are provided for all classes.

Activity Code: 2RCE4606
(Section codes listed below)

Beulah Brinton (Ages 12-17)..... BN01

(Beg.)
Sat, Sep 25-Nov 13, 10:30AM-12:00PM
\$26 Residents/\$39 Non-Residents

Beulah Brinton (Ages 12-17)..... BN02

(Int.)
Sat, Sep 25-Nov 13, 12:15PM- 1:45PM
\$26 Residents/\$39 Non-Residents

Beulah Brinton (Ages 12-17)..... BN03

(Beg.)
Sat, Dec 4-Jan 15, 10:30AM-12:00PM
\$17 Residents/\$26 Non-Residents

Beulah Brinton (Ages 12-17)..... BN04

(Int.)
Sat, Dec 4-Jan 15, 12:15PM- 1:45PM
\$17 Residents/\$26 Non-Residents

Hamilton (Ages 12-17)..... HA01

Wed, Sep 22-Nov 10, 6:00PM- 7:30PM
\$26 Residents/\$39 Non-Residents

Rock Band

Join the band, learn some advanced songs, and have fun! All types of musicians welcome; bring your musical instrument. Previous band experience required. Class is combined with adult class.

Activity Code: 2RCE4607
(Section codes listed below)

Beulah Brinton (Ages 12-17)..... BN01

Sat, Sep 25-Nov 13, 4:00PM- 6:00PM
\$35 Residents/\$53 Non-Residents

Beulah Brinton (Ages 12-17)..... BN02

Sat, Dec 4-Jan 15, 4:00PM- 6:00PM
\$22 Residents/\$33 Non-Residents

Sing Out!

Do you want to learn to sing or sing with more confidence and control? Work on basic vocal techniques. Learn proper breathing, voice inflection, range and ear training. Class is combined with adult class.

Activity Code: 2RCE4609
(Section codes listed below)

Hamilton (Ages 12-17)..... HA01

Thu, Sep 23-Nov 11, 7:45PM- 8:45PM
\$18 Residents/\$27 Non-Residents



Introduction to Harmonica

Learn the basic techniques of playing the harmonica. Before long you will be jamming with your classmates and showing off to your family and friends. Carry your music in your pocket! Please bring a 'Key of C' harmonica. Class is combined with adult class.

Activity Code: 2RCE4611
(Section codes listed below)

Hamilton (Ages 12-17)..... HA01

Tue, Sep 21-Nov 9, 6:00PM- 7:00PM
\$18 Residents/\$27 Non-Residents



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[fb.com/MilwaukeeRecreation](https://www.facebook.com/MilwaukeeRecreation)



MUSIC IN MPS

Milwaukee Recreation and the MPS Music Department offer the following Saturday Youth Music lessons at Hamilton and Marshall. Class fees for all classes are \$24 Residents and \$36 Non-Residents. All classes provide students the opportunity to learn and develop their skills in a small groups. Students must come to class with their own instrument, except piano/keyboarding. Register for the classes using the following guidelines: Beginner: No experience on instrument, Intermediate: 1-2 years of experience on instrument, Advanced, 3+ years of experience on instrument. All teachers reserve the right to place students in the appropriate skill level after the first class.

Acoustic Guitar

This course provides students the opportunity to learn and develop their skills on guitar in a small group setting. Emphasis will be basic note reading and chord playing skills. A 1/2 or 3/4 sized nylon-stringed acoustic guitar is required. Students must bring their own instrument to class. Please register for classes following the guidelines below: Beginning - no experience required; Intermediate/Advanced - completed Beginner course.

Activity Code: 2RCE3201
(Section codes listed below)

Hamilton (Ages 7-9)..... HA01
(Beg.)

Sat, Sep 18-Dec 18, 9:00AM-9:30AM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 10-17)..... HA02
(Beg.)

Sat, Sep 18-Dec 18, 9:45AM-10:15AM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 7-17)..... HA03
(Int./Adv.)

Sat, Sep 18-Dec 18, 10:30AM-11:15AM
\$24 Residents/\$36 Non-Residents



Brass

This course provides students the opportunity to learn and develop their skills on a brass instrument, including trumpet, French horn, trombone, baritone, euphonium, and tuba in a small group setting. Students must bring their own instrument to class. Please register for classes following the guidelines below: Beginning - no experience required; Intermediate - Completed Beginner course.

Activity Code: 2RCE3203
(Section codes listed below)

Hamilton (Ages 10-17)..... HA01
(Beg.)

Sat, Sep 18-Dec 18, 9:00AM-9:30AM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 10-17)..... HA02
(Int.)

Sat, Sep 18-Dec 18, 9:45AM-10:30AM
\$24 Residents/\$36 Non-Residents

Piano/Keyboard

This course provides students the opportunity to learn and develop their skills on a piano in a small group setting. Students will work on melodies in right and left hands, independence, scales, basic chords and arpeggios. Focus on manual dexterity; rhythmic expression and correct hand positions will assist students in their daily practice. A piano or electronic keyboard at home is recommended. Please register for the Piano/Keyboard classes using the following guidelines: Beginner - No experience Intermediate/Advance - Completed Beginner course.

Activity Code: 2RCE3207
(Section codes listed below)

Hamilton (Ages 7-9)..... HA01
(Beg.)

Sat, Sep 18-Dec 18, 9:00AM-9:30AM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 10-17)..... HA02
(Beg.)

Sat, Sep 18-Dec 18, 9:45AM-10:15AM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 7-17)..... HA03
(Int./Adv.)

Sat, Sep 18-Dec 18, 10:30AM-11:15AM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 7-17)..... HA04
(Int./Adv.)

Sat, Sep 18-Dec 18, 11:30AM-12:15PM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall (Ages 7-9)..... MR01
(Beg.)

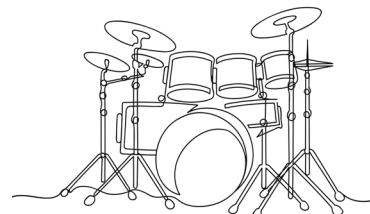
Sat, Sep 18-Dec 18, 9:00AM-9:30AM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall (Ages 10-17). MR02
(Beg.)

Sat, Sep 18-Dec 18, 9:45AM-10:15AM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall (Ages 7-17)... MR03
(Int./Adv.)

Sat, Sep 18-Dec 18, 10:30AM-11:00AM
\$24 Residents/\$36 Non-Residents



Percussion

This course provides students the opportunity to learn and develop their skills in percussion in a small group setting. Students must bring their own percussion kit to class. Please register for classes following the guidelines below: Beginning - no experience required; Intermediate - Completed Beginner course.

Activity Code: 2RCE3210
(Section codes listed below)

Hamilton (Ages 10-17)..... HA01
(Beg.)

Sat, Sep 18-Dec 18, 10:45AM-11:15AM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 10-17)..... HA02
(Int.)

Sat, Sep 18-Dec 18, 11:30AM-12:15PM
\$24 Residents/\$36 Non-Residents

Woodwinds

This course provides students the opportunity to learn and develop their skills on a woodwind instrument including flute, oboe, clarinet, bass clarinet, bassoon, and saxophone in a small group setting. Students must bring their own instrument to class. Please register for classes following the guidelines below: Beginning - no experience required; Intermediate - Completed Beginner course.

Activity Code: 2RCE3212
(Section codes listed below)

Hamilton (Ages 10-17)..... HA01
(Beg.)

Sat, Sep 18-Dec 18, 9:00AM-9:30AM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 10-17)..... HA02
(Int.)

Sat, Sep 18-Dec 18, 9:45AM-10:30AM
\$24 Residents/\$36 Non-Residents

String Lessons

This course provides students the opportunity to learn and develop their skills on stringed instruments violin, viola, cello and bass in a small group setting. Students must come to classes with their own instruments. Please register for the string classes using the following guidelines: Beginner - No experience. Intermediate/Advanced - Completed Beginner course.

Activity Code: 2RCE3218
(Section codes listed below)

Hamilton (Ages 7-9)..... HA01
(Beg.)
Sat, Sep 18-Dec 18, 9:00AM- 9:30AM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 7-17)..... HA02
(Beg.)
Sat, Sep 18-Dec 18, 9:45AM-10:15AM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 7-17)..... HA03
(Int./Adv.)
Sat, Sep 18-Dec 18, 10:30AM-11:15AM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall (Ages 7-9)..... MR01
(Beg.)
Sat, Sep 18-Dec 18, 9:00AM- 9:30AM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall (Ages 10-17). MR02
(Beg.)
Sat, Sep 18-Dec 18, 9:45AM-10:15AM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall (Ages 7-17)... MR03
(Int./Adv.)
Sat, Sep 18-Dec 18, 10:30AM-11:15AM
\$24 Residents/\$36 Non-Residents

Beginning Ukulele

Are you a fan of Vance Joy or Twenty-One Pilots? Now is your chance to learn their main instrument: the ukulele. Students in this class will learn chords, melody, note reading and strumming patterns. This class will give you the skills needed to give you the basics of the ukulele including how to read chord charts and help you hit the ground running with your favorite songs. Ideal for future guitar players! No experience necessary. Students should bring their own ukuleles and books will be provided at the first session. Class combined with Guitar classes.

Activity Code: 2RCE3220
(Section codes listed below)

Hamilton (Ages 10-18)..... HA01
Sat, Sep 18-Dec 18, 11:30AM-12:00PM
\$24 Residents/\$36 Non-Residents

Music Technology and Production

NEW

An Introduction to the world of Digital Audio Workstation using SoundTrap software. Students will explore composing, building beats and loops and mixing music. All equipment provided. No previous music experience required.

Activity Code: 2RCE3221
(Section codes listed below)

Hamilton (Ages 12-18)..... HA01
Sat, Sep 18-Dec 18, 12:30PM- 1:15PM
\$24 Residents/\$36 Non-Residents

Hamilton (Ages 12-18)..... HA02
Sat, Sep 18-Dec 18, 1:30PM- 2:15PM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall (Ages 12-18). MR01
Sat, Sep 18-Dec 18, 11:30AM-12:15PM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall (Ages 12-18). MR02
Sat, Sep 18-Dec 18, 12:30PM- 1:15PM
\$24 Residents/\$36 Non-Residents

Adaptive Drum Line

NEW

An ensemble experience for children with disabilities. Drums are fun to play and can be a vehicle for learning more about music, rhythm, teamwork and creativity. Unlike wind and string instruments, making a sound on a drum is instantly gratifying! No previous music knowledge required. All instruments and equipment provided.

Activity Code: 2RCE3222
(Section codes listed below)

Hamilton (Ages 8-17)..... HA01
Sat, Sep 18-Dec 18, 9:00AM- 9:45AM
\$24 Residents/\$36 Non-Residents

NATURE IN YOUR NEIGHBORHOOD

Ornaments

We will use objects found in nature to create seasonal and festive ornaments. These hand-made ornaments are perfect for decorating your house or giving as gifts! Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P124711
(Section codes listed below)

Hamilton (Ages 5 & up) HA01
Thu, Dec 2, 6:00PM- 7:15PM
\$5 Residents/\$8 Non-Residents

Exploring Hibernation

Shhhh... Don't wake them up! Have you ever wondered why some animals sleep through the winter? Which animals hibernate and how do they prepare for the winter? Come with us to explore hibernation through games, stories, activities and crafts. Parent/guardian must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P124722
(Section codes listed below)

Riverside (Ages 3 & up)..... RS01
Wed, Nov 3, 6:00PM- 7:00PM
\$4 Residents/\$6 Non-Residents



Pumpkins

Did you know that pumpkins are vegetables?! In fact, they are the unofficial vegetable of the month every October. Pumpkins are not just the harbingers of Halloween, they are much more than that. Come visit us and discover what pumpkins are really all about! Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P124725
(Section codes listed below)

Hamilton (Ages 3 & up) HA01
Tue, Oct 19, 6:00PM- 7:15PM
\$5 Residents/\$8 Non-Residents

Acorns

You have probably seen an acorn or two lying on the ground. Have you ever pondered the acorn? Where did it come from? Will it be eaten and by whom? Join us for a walk to find acorns and learn more about these industrious nuts. Create a beautiful acorn adornment that you can take home. Parent/guardian must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P124782
(Section codes listed below)

Riverside (Ages 4 & up)..... RS01
Thu, Sep 23, 6:00PM- 7:00PM
\$4 Residents/\$6 Non-Residents

PERSONAL SKILLS

Hair Braiding

Braiding has been around for hundreds of years. First being used to decorate costumes and objects. Then being used to decorate the hair. In this class you will learn how to do 3 strain flat braids, plaits, and also how to braid with weave. Get ready to learn a new skill or even perfect your skill so that you put no limits on your creativity. Participants will be using hair braiding kits to practice skills during class. Class fee includes the cost of supplies and is non-refundable.

Activity Code: 2RCE5403
(Section codes listed below)

Milwaukee Marshall (Ages 7-15)... MR01

Wed, Sep 29-Oct 27, 6:00PM- 7:30PM
\$25 Residents/\$38 Non-Residents

Milwaukee Marshall (Ages 7-15)... MR02

Wed, Nov 10-Dec 15, 6:00PM- 7:30PM
\$25 Residents/\$38 Non-Residents

PLAY GROUPS

Music Maker and More-Early Childhood Music Class

NEW

This sing along musical activity is designed for children and their parent or caregiver. The class incorporates traditional children's songs, finger puppet plays, rhythm instruments and dance movements as well as puppets that help tell a story within the songs. A goal of the class is to give children an interest and love for all kinds of music. Bring your dancing feet and join us for a fun, family class. Due to room restrictions, only 1 adult may accompany each child. Parent or guardian must attend. Price is per child. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RCE5508
(Section codes listed below)

Beulah Brinton (Ages 1-4)..... BN04

Mon, Sep 13-Oct 11, 9:00AM- 9:30AM
\$36 Residents/\$48 Non-Residents

Beulah Brinton (Ages 1-4)..... BN01

Tue, Sep 14-Oct 12, 9:00AM- 9:30AM
\$36 Residents/\$48 Non-Residents

Beulah Brinton (Ages 1-4)..... BN05

Mon, Oct 18-Nov 15, 9:00AM- 9:30AM
\$36 Residents/\$48 Non-Residents

Beulah Brinton (Ages 1-4)..... BN02

Tue, Oct 19-Nov 16, 9:00AM- 9:30AM
\$36 Residents/\$48 Non-Residents

Beulah Brinton (Ages 1-4)..... BN06

Mon, Nov 22-Dec 19, 9:00AM- 9:30AM
\$36 Residents/\$48 Non-Residents

Beulah Brinton (Ages 1-4)..... BN03

Tue, Nov 23-Dec 20, 9:00AM- 9:30AM
\$36 Residents/\$48 Non-Residents

RED CROSS BABYSITTING CERTIFICATION

Babysitting Workshop

Ages 11 & up. Receive American Red Cross certification for babysitting. Learn basic First Aid, reacting to stressful situations, creative play techniques, proper nutrition and more. Sign up early as classes fill quickly. Not eligible for reduced fees. Refund request must be received one week prior to the start of class.

Activity Code: 2RCE5601
(Section codes listed below)

Hamilton (Ages 11-17)..... HA01

Sat, Sep 25, 8:30AM- 4:00PM
\$100 Residents/\$150 Non-Residents

Hamilton (Ages 11-17)..... HA02

Sat, Nov 6, 8:30AM- 4:00PM
\$100 Residents/\$150 Non-Residents

MacDowell (Ages 11-17)..... JU01

Sat, Nov 20, 8:30AM- 4:00PM
\$100 Residents/\$150 Non-Residents

Milwaukee Marshall (Ages 11-17)... MR01

Sat, Oct 2, 8:30AM- 4:00PM
\$100 Residents/\$150 Non-Residents

Riverside (Ages 11-17)..... RS01

Sat, Nov 13, 8:30AM- 4:00PM
\$100 Residents/\$150 Non-Residents

SCIENCE

IT for EVERYONE!

Has this year been frustrating for you due to mandated social distancing or has it opened your eyes to the promising role IT will play in the future? If your answer is yes to either one, this class is for you! This class will consist of software programming including creating and developing apps and games. Hands-on computer networking, using tools and equipment to design a network infrastructure. Students will also assemble and disassemble a computer. Learning how to protect computer resources from unauthorized users will also be discussed. Please bring your own screwdrivers to the hardware class. Class taught by Emmanuel Kwarteng, President and CEO of Young IT Educators Corp.

Activity Code: 2RCE5804
(Section codes listed below)

Riverside (Ages 8-17)..... RS01

Tue/Thu, Sep 21-Nov 18, 5:30PM- 7:00PM
\$56 Residents/\$84 Non-Residents



Schedule Changes:

Please note compliance with COVID-19 regulations may result in schedule changes. We will communicate these as soon as possible. Thank you for your understanding.

Your Safety is our Priority:

Please know we are taking the necessary precautions to ensure your safety while participating in Milwaukee Recreation programs. **The use of face masks or cloth face coverings is required when inside Milwaukee Recreation facilities for all staff and participants over the age of 3.** If you do not have a mask or face covering, one will be provided for you.

BASKETBALL

Mighty Mite Basketball

This class is not an intro “dunktion” to basketball. Your young person will have fun, while being introduced to some basketball skills. Skills include dribbling, passing, sliding feet laterally, and shooting on a 4-foot hoop. This class will expose your young person to the great game of basketball in a FUN environment.

Activity Code: 2RCE1101
(Section codes listed below)

Milwaukee Marshall (Ages 3-4)..... MR01

(Not eligible for reduced fees)
Sat, Sep 18-Oct 23, 9:55AM-10:25AM
\$8 Residents/\$12 Non-Residents

Milwaukee Marshall (Ages 3-4)..... MR03

Tue, Sep 21-Nov 9, 5:45PM-6:15PM
\$10 Residents/\$15 Non-Residents

Milwaukee Marshall (Ages 3-4)..... MR02

(Not eligible for reduced fees)
Sat, Nov 6-Dec 18, 9:55AM-10:25AM
\$8 Residents/\$12 Non-Residents

Riverside (Ages 3-4)..... RS01

Sat, Sep 11-Nov 6, 12:15PM-12:45PM
\$12 Residents/\$18 Non-Residents



B.I.G. Basketball

In this program, participants will learn the fundamentals of basketball, including dribbling, passing, shooting, rebounding, rules, and how the game is played. Combine all of these components with team play for a fun and exciting experience.

Activity Code: 2RCE1102
(Section codes listed below)

Hamilton (Ages 7-9)..... HA01

Sat, Sep 18-Nov 6, 9:30AM-10:30AM
\$18 Residents/\$27 Non-Residents

Milwaukee Marshall (Ages 7-9)..... MR01

Sat, Sep 18-Oct 23, 10:35AM-11:35AM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 7-9)..... MR03

Sat, Nov 6-Dec 18, 10:35AM-11:35AM
\$14 Residents/\$21 Non-Residents

Riverside (Ages 7-11)..... RS01

Sat, Sep 11-Nov 6, 2:00PM-2:55PM
\$18 Residents/\$27 Non-Residents

Bitty Basketball

The hoops are lower and the basketballs are smaller, but the fun is big in Bitty Basketball. This program is a great way to introduce your child to the sport. Participants will learn the rules of basketball as well as basic fundamentals such as shooting, dribbling, and passing. This is accomplished through hands-on practice using mini basketballs and 6 & 8 foot hoops.

Activity Code: 2RCE1103
(Section codes listed below)

Milwaukee Marshall (Ages 5-6)..... MR01

Sat, Sep 18-Oct 23, 9:00AM-9:45AM
\$11 Residents/\$17 Non-Residents

Milwaukee Marshall (Ages 5-6)..... MR02

Tue, Sep 21-Nov 9, 6:30PM-7:15PM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 5-6)..... MR03

Sat, Nov 6-Dec 18, 9:00AM-9:45AM
\$11 Residents/\$17 Non-Residents

Riverside (Ages 5-6)..... RS01

Sat, Sep 11-Nov 6, 1:00PM-1:45PM
\$16 Residents/\$24 Non-Residents

Girls Basketball Camp

Gain the skills needed to become a basketball star. This camp will cover shooting, passing, dribbling, rebounding, and team play. Rules of the game will also be discussed.

Activity Code: 2RCE1105
(Section codes listed below)

Milwaukee Marshall (Ages 8-12)..... MR01

Sat, Sep 18-Oct 23, 11:45AM-12:45PM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 8-12)..... MR02

Sat, Nov 6-Dec 18, 11:45AM-12:45PM
\$14 Residents/\$21 Non-Residents

All-American Basketball

This advanced class is designed for children who have a solid foundation in basketball and wish to improve to the next level.

Activity Code: 2RCE1106
(Section codes listed below)

Hamilton (Ages 10-12)..... HA01

Sat, Sep 18-Nov 6, 10:45AM-11:45AM
\$18 Residents/\$27 Non-Residents

Milwaukee Marshall (Ages 10-12)..... MR01

Sat, Sep 18-Oct 23, 12:55PM-1:55PM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 10-12)..... MR02

Sat, Nov 6-Dec 18, 12:55PM-1:55PM
\$14 Residents/\$21 Non-Residents

Riverside (Ages 10-12)..... RS01

Sat, Sep 11-Nov 6, 3:00PM-3:55PM
\$18 Residents/\$27 Non-Residents

Elementary Basketball League

Emphasis will be placed on participation, development of basketball skills, sportsmanship, and teamwork. COED teams will be formed on the first day during the organizational meeting and practice. A minimum of two (2) VOLUNTEER PARENT COACHES are required per team. All parents interested in the role of VOLUNTEER PARENT COACH should contact Thomas Scholle-Malone, Youth Sports Supervisor, at Thomas@mkerec.net to complete the online volunteer coaching application and mandatory background check prior to the scheduled organizational meeting and practice. The organizational meeting and practice is scheduled for the first day of the activity at 10:00 a.m. If you have any questions, please call the Youth Sports Office at 414.475.8410. Players will receive a t-shirt and participation medal. Fee based on 1 hour of activity per session.

Activity Code: 2RYS1101
(Section codes listed below)

Madison (Ages 6-9)..... MA01

(GRADES 1ST - 3RD ONLY)
Sat, Nov 6-Feb 26, 9:00AM-12:00PM
\$33 Residents/\$50 Non-Residents

Madison (Ages 9-11)..... MA02

(GRADES 4TH - 5TH ONLY / Games played at Vincent High School)
Sat, Nov 13-Mar 5, 10:00AM-1:00PM
\$33 Residents/\$50 Non-Residents

Middle School Basketball League

Emphasis will be placed on participation, development of basketball skills, sportsmanship, and teamwork. A coed team will be formed on the first day during the organizational meeting. The organization meeting will be on Sat., November 6th at 2:00 p.m. If you have any questions, call Youth Sports Office at 414.475.8410 or email Thomas Scholle-Malone at Thomas@mkerec.net. Players will receive a t-shirt and participation medal. Fee based on 1 hour of activity per session.

Activity Code: 2RYS1102
(Section codes listed below)

Beulah Brinton (Ages 12-14)..... BN01

(Grades 7th-8th)
Sat, Nov 6-Mar 5, 1:00PM-4:00PM
\$33 Residents/\$50 Non-Residents

FOOTBALL

Pigskin Pals (Coed Football)

Learn the basics of throwing, catching, kicking, punting, hand-offs, positioning stances, offense, defense, special teams, and more. Help your little one get a 'hut' up on the competition.

Activity Code: 2RCE3702
(Section codes listed below)

Milwaukee Marshall (Ages 6-8).....MR01

Sat, Sep 18-Oct 23, 11:45AM-12:30PM
\$11 Residents/\$17 Non-Residents

Milwaukee Marshall (Ages 9-11)...MR02

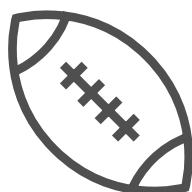
Sat, Sep 18-Oct 23, 12:35PM- 1:20PM
\$11 Residents/\$17 Non-Residents

Milwaukee Marshall (Ages 6-8).....MR03

Sat, Nov 6-Dec 18, 11:45AM-12:30PM
\$11 Residents/\$17 Non-Residents

Milwaukee Marshall (Ages 9-11)...MR04

Sat, Nov 6-Dec 18, 12:35PM- 1:20PM
\$11 Residents/\$17 Non-Residents



Elementary Flag Football League

Emphasis will be placed on participation, development of football skills, sportsmanship, and teamwork. Tackling will not be involved. A minimum of two (2) VOLUNTEER PARENT COACHES are required per team. All parents interested in the role of VOLUNTEER PARENT COACH should contact Ryan Broderick, Youth Sports Supervisor, at ryan@mkerec.net to complete the on-line volunteer coaching application and mandatory background check prior to the scheduled organizational meeting day. COED teams will be formed at the organizational meeting and practice on Sat., September 11, 10:00 a.m. League games begin Sat., September 25. If you have any questions, please call the Youth Sports Office at 414-475-8410. Players will receive a t-shirt and participation medal. Fee based on 1 hour of activity per session. THE REGISTRATION DEADLINE FOR THIS ACTIVITY IS FRIDAY, SEPTEMBER 3, 2021.

Activity Code: 2RYS3701
(Section codes listed below)

Brinton Playfield (Ages 6-9)..... BN01

(GRADES 1ST - 3RD ONLY / Make-Up Date - November 6th)
Sat, Sep 11-Nov 6, 9:00AM-11:00AM
\$27 Residents/\$41 Non-Residents

Brinton Playfield (Ages 9-12)..... BN02

(GRADES 4TH - 6TH ONLY / Make-Up Date - November 6th)
Sat, Sep 11-Nov 6, 11:00AM- 2:00PM
\$27 Residents/\$41 Non-Residents

GAMES

Coaching Cricket

Learn cricket with hands on skills and real game experience! Cricket adjusts to all ages and skill level. It is a fun sport with batting, bowling and fielding. Great to build team spirit and learn sportsmanship. Sessions will have a mix of physical fitness, skills development and learning the game. We will enjoy skirmish games and special short activities to keep all participants engaged. All skill levels are welcome. All equipment is provided. Class fee is non-refundable and not eligible for reduced fees. Class taught by Kashyap Malkan.

Activity Code: 2RCE5101
(Section codes listed below)

MacDowell (Ages 8-14)..... JU01

Sat, Sep 25-Oct 16, 1:00PM- 3:00PM
\$60 Residents/\$90 Non-Residents

MacDowell (Ages 8-14)..... JU02

Sat, Oct 23-Nov 13, 1:00PM- 3:00PM
\$60 Residents/\$90 Non-Residents

GOLF

Get in the Swing - Golf Camp

Get in the Swing is a camp for beginners and avid youth golfers alike. Participants will learn fundamentals from general rules and etiquette to proper stance and how to hold a club. This camp is a great way to build a solid foundation in the sport. Golfers need to bring their own clubs.

Activity Code: 2RCE3801
(Section codes listed below)

Milwaukee Marshall (Ages 8-17)...MR01

Sat, Sep 18-Nov 6, 1:45PM- 2:45PM
\$18 Residents/\$27 Non-Residents



Weather Policy & Program Cancellations:

School Day Cancellations: If weather conditions cause Milwaukee Public Schools to close or dismiss early, Milwaukee Recreation programs will be canceled. Weekend weather cancellations for Milwaukee Recreation activities and interscholastic athletics/academics will be announced via the Milwaukee Recreation website (mkerec.net), social media, and local media.

GYMNASTICS

Gymnastics

If springing over a vault, balancing on a beam, standing on your hands, and doing backward walkovers sound like fun, sign up for gymnastics. This is a developmental program, taught with a progression of gymnastic skills, which assist youth in the development of coordination.

Activity Code: 2RCE3901
(Section codes listed below)

Riverside (Ages 4-5)..... RS01

Sat, Sep 11-Nov 6, 10:00AM-10:55AM
\$22 Residents/\$33 Non-Residents

Riverside (Ages 6-7)..... RS02

Sat, Sep 11-Nov 6, 11:00AM-11:55AM
\$22 Residents/\$33 Non-Residents

Riverside (Ages 8-10)..... RS03

Sat, Sep 11-Nov 6, 12:00PM-12:55PM
\$22 Residents/\$33 Non-Residents

Riverside (Ages 11-13)..... RS04

Sat, Sep 11-Nov 6, 1:00PM-1:55PM
\$22 Residents/\$33 Non-Residents

Riverside (Ages 4-6)..... RS05

Thu, Sep 16-Nov 11, 6:00PM-6:55PM
\$22 Residents/\$33 Non-Residents

Riverside (Ages 7-9)..... RS06

Thu, Sep 16-Nov 11, 7:00PM-7:55PM
\$22 Residents/\$33 Non-Residents

Riverside (Ages 4-6)..... RS12

Thu, Dec 2-Jan 6, 6:15PM-7:10PM
\$15 Residents/\$23 Non-Residents

Riverside (Ages 7-9)..... RS13

Thu, Dec 2-Jan 13, 7:15PM-8:10PM
\$19 Residents/\$29 Non-Residents

Riverside (Ages 4-5)..... RS07

Sat, Dec 11-Jan 8, 9:50AM-10:45AM
\$17 Residents/\$26 Non-Residents

Riverside (Ages 6-8)..... RS08

Sat, Dec 11-Jan 8, 10:50AM-11:45AM
\$17 Residents/\$26 Non-Residents

Riverside (Ages 9-11)..... RS09

Sat, Dec 11-Jan 8, 11:50AM-12:45PM
\$17 Residents/\$26 Non-Residents

Tumbling Teddy Bears

Somersault for fun. This pre-gymnastics program will assist children in the development of eye/hand coordination and balance through basic tumbling activities. Parent(s)/Guardian(s) are required to attend this class with their child at no extra charge.

Activity Code: 2RCE3902
(Section codes listed below)

Riverside (Ages 2.5-3)..... RS01

Sat, Sep 11-Nov 6, 9:00AM-9:45AM
\$20 Residents/\$30 Non-Residents

Riverside (Ages 2.5-3)..... RS02

Sat, Dec 11-Jan 8, 9:00AM-9:45AM
\$19 Residents/\$29 Non-Residents

LACROSSE

Intro to Girls Lacrosse

Lacrosse is the fastest growing sport in the country, and also America's oldest sport! This instructional clinic offers drills/skills and fundamentals for beginners to intermediate players. This is a great opportunity for boys to learn to play the fun sport of lacrosse, coached by experienced and enthusiastic instructors. Beginners will learn the basic skills of boys lacrosse, while intermediate players will refine their stick skills and work on advanced skills. Lacrosse stick, goggles and mouth guard are required equipment for boys lacrosse. Lacrosse sticks and goggles will be available to borrow, but each participant will need to bring their own mouth guard. No experience necessary!

Activity Code: 2RCE9702
(Section codes listed below)

Merrill Playfield (Ages 6-12)..... M101

Mon, Oct 4-Nov 8, 6:00PM-7:00PM
\$18 Residents/\$27 Non-Residents

Riverside (Ages 6-12)..... RS01

Tue, Sep 14-Nov 2, 6:00PM-7:00PM
\$18 Residents/\$27 Non-Residents

MARTIAL ARTS

Children's Self-Defense

Be confident about protecting yourself when the need arises. Learn real life strategies and situational awareness to avoid confrontations. Learn basic escape techniques to get out of a situation, if one occurs. Class time includes awareness discussions and practicing techniques.

Activity Code: 2RCE4501
(Section codes listed below)

MacDowell (Ages 7-14)..... JU02

Wed, Sep 22-Dec 8, 6:00PM-7:00PM
\$24 Residents/\$36 Non-Residents



Judo

Judo or 'gentle way/technique' focuses on manipulating an opponent's force against him/her rather than confronting it with one's own force. Join us to learn about judo under personalized instruction that focuses on technique and tradition. Students Interested in continuing through the advanced level must demonstrate a high level of comfort with properly executed Judo falls and have instructor approval. USJA and USMA associated. Please wear clothes without buttons or metal. Class is combined with adult class.

Activity Code: 2RCE4503
(Section codes listed below)

MacDowell (Ages 7-17)..... JU03

Mon, Sep 20-Dec 6, 6:00PM-7:15PM
\$26 Residents/\$39 Non-Residents

DID YOU KNOW?

The top three mental health opportunities found in parks and recreation include: socializing with friends and family, spending time in nature, and exercising.

via nrpa.org/parkpulse.

Tae Kwon Do

Tae Kwon Do is a Korean art of hand and foot fighting. Learn self-discipline, kicking and punching techniques, correct body positioning, and self-defense.

Activity Code: 2RCE4506
(Section codes listed below)

Beulah Brinton (Ages 6-17)..... BN01

(Beg. - White - Yellow Belts)
Mon/Wed/Fri, Sep 20-Nov 12, 4:00PM- 4:45PM
\$39 Residents/\$59 Non-Residents

Beulah Brinton (Ages 6-17)..... BN02

(Int./Adv. - Camo - Brown Belts)
Mon/Wed/Fri, Sep 20-Nov 12, 5:00PM- 5:45PM
\$39 Residents/\$59 Non-Residents

Beulah Brinton (Ages 6-17)..... BN03

(Adv. - Red/Black & Black Belts)
Mon/Wed/Fri, Sep 20-Nov 12, 6:00PM- 6:45PM
\$39 Residents/\$59 Non-Residents

Beulah Brinton (Ages 3-5)..... BN04

(Not eligible for reduced fees)
Sat, Sep 25-Nov 13, 8:00AM- 8:30AM
\$10 Residents/\$15 Non-Residents

Beulah Brinton (Ages 6-14)..... BN05

Sat, Sep 25-Nov 13, 8:30AM- 9:30AM
\$18 Residents/\$27 Non-Residents

Beulah Brinton (Ages 6-17)..... BN08

(Beg. - White - Yellow Belts)
Mon/Wed/Fri, Nov 29-Jan 14, 4:00PM- 4:45PM
\$25 Residents/\$38 Non-Residents

Beulah Brinton (Ages 6-17)..... BN09

(Int./Adv. - Camo - Brown Belts)
Mon/Wed/Fri, Nov 29-Jan 14, 5:00PM- 5:45PM
\$25 Residents/\$38 Non-Residents

Beulah Brinton (Ages 6-17)..... BN10

(Adv. - Red/Black & Black Belts)
Mon/Wed/Fri, Nov 29-Jan 14, 6:00PM- 6:45PM
\$25 Residents/\$38 Non-Residents

Beulah Brinton (Ages 3-5)..... BN06

(Not eligible for reduced fees)
Sat, Dec 4-Jan 15, 8:00AM- 8:30AM
\$7 Residents/\$11 Non-Residents

Beulah Brinton (Ages 6-14)..... BN07

Sat, Dec 4-Jan 15, 8:30AM- 9:30AM
\$12 Residents/\$18 Non-Residents

Hamilton (Ages 6-14)..... HA06

(Class is combined with adult class)
Mon/Wed, Sep 20-Nov 10, 5:30PM- 6:30PM
\$35 Residents/\$53 Non-Residents

Hamilton (Ages 6-14)..... HA01

(Class is combined with adult class)
Mon/Wed, Sep 20-Nov 10, 6:45PM- 7:45PM
\$35 Residents/\$53 Non-Residents

MacDowell (Ages 6-14)..... JU01

Tue/Thu, Sep 21-Nov 11, 6:00PM- 7:00PM
\$30 Residents/\$45 Non-Residents

MacDowell (Ages 6-14)..... JU07

Tue/Thu, Sep 21-Nov 11, 7:15PM- 8:15PM
\$30 Residents/\$45 Non-Residents

MacDowell (Ages 6-14)..... JU06

Tue/Thu, Nov 16-Dec 16, 6:00PM- 7:00PM
\$22 Residents/\$33 Non-Residents

MacDowell (Ages 6-14)..... JU08

Tue/Thu, Nov 16-Dec 16, 7:15PM- 8:15PM
\$22 Residents/\$33 Non-Residents

Milwaukee Marshall (Ages 6-14)... MR07

(Beg. - White, Orange, & Yellow Belt)
Sat, Sep 18-Oct 23, 9:00AM-10:00AM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 6-14)... MR08

(Beg. - White, Orange, & Yellow Belt)
Sat, Sep 18-Oct 23, 10:15AM-11:15AM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 6-14)... MR09

(Int./Adv., Camo-Red, Black Belts)
Sat, Sep 18-Oct 23, 11:30AM-12:30PM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 6-14)... MR03

(Beg. - White, Orange, & Yellow Belt)
Mon, Sep 20-Dec 13, 6:00PM- 7:00PM
\$26 Residents/\$39 Non-Residents

Milwaukee Marshall (Ages 6-14)... MR01

(Beg. - White, Orange, & Yellow Belt)
Mon/Wed, Sep 20-Dec 15, 6:00PM- 7:00PM
\$51 Residents/\$77 Non-Residents

Milwaukee Marshall (Ages 6-14)... MR04

(Int./Adv., Camo-Red, Black Belts)
Mon, Sep 20-Dec 13, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

Milwaukee Marshall (Ages 6-14)... MR02

(Int./Adv., Camo-Red, Black Belts)
Mon/Wed, Sep 20-Dec 15, 7:15PM- 8:15PM
\$53 Residents/\$80 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR05

(Beg. - White, Orange, & Yellow Belt)
Wed, Sep 22-Dec 15, 6:00PM- 7:00PM
\$26 Residents/\$39 Non-Residents

Milwaukee Marshall (Ages 6-14)... MR06

(Int./Adv., Camo-Red, Black Belts)
Wed, Sep 22-Dec 15, 7:15PM- 8:15PM
\$28 Residents/\$42 Non-Residents

Milwaukee Marshall (Ages 6-17)... MR10

(Beg. - White, Orange, & Yellow Belt)
Sat, Nov 6-Dec 18, 9:00AM-10:00AM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 6-14)... MR11

(Beg. - White, Orange, & Yellow Belt)
Sat, Nov 6-Dec 18, 10:15AM-11:15AM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 6-14)... MR12

(Int./Adv., Camo-Red, Black Belts)
Sat, Nov 6-Dec 18, 11:30AM-12:30PM
\$15 Residents/\$23 Non-Residents

Riverside (Ages 3-5)..... RS07

(Beg.)
Sat, Sep 11-Oct 30, 9:00AM- 9:30AM
\$12 Residents/\$18 Non-Residents

Riverside (Ages 3-5)..... RS08

(Int./Adv., Ara Belt & Higher)
Sat, Sep 11-Oct 30, 9:30AM-10:00AM
\$18 Residents/\$27 Non-Residents

Riverside (Ages 6-14)..... RS04

(Beg., White-Yellow Belt)
Sat, Sep 11-Oct 30, 10:15AM-11:00AM
\$16 Residents/\$24 Non-Residents

Riverside (Ages 6-14)..... RS05

(Camo-Black Belts)
Sat, Sep 11-Oct 30, 11:00AM-11:45AM
\$16 Residents/\$24 Non-Residents

Riverside (Ages 6-14)..... RS01

(Beg., white-yellow belt)
Mon/Wed, Sep 13-Nov 3, 6:00PM- 6:45PM
\$30 Residents/\$45 Non-Residents

Riverside (Ages 6-14)..... RS02

(Camo-Black Belts)
Mon/Wed, Sep 13-Nov 3, 6:45PM- 7:30PM
\$39 Residents/\$59 Non-Residents

Riverside (Ages 6-14)..... RS10

(Beg., white-yellow belt)
Mon/Wed, Nov 29-Jan 12, 6:00PM- 6:45PM
\$34 Residents/\$51 Non-Residents

Riverside (Ages 6-14)..... RS13

(Int./Adv., Camo/Black Belts)
Mon/Wed, Nov 29-Jan 12, 6:45PM- 7:30PM
\$26 Residents/\$39 Non-Residents

Riverside (Ages 3-5)..... RS21

(Beg.)
(Not eligible for reduced fees)
Sat, Dec 4-Jan 8, 9:00AM- 9:30AM
\$8 Residents/\$12 Non-Residents

Riverside (Ages 3-5)..... RS16

(Int./Adv., Ara Belt & Higher)
(Not eligible for reduced fees)
Sat, Dec 4-Jan 8, 9:30AM-10:00AM
\$8 Residents/\$12 Non-Residents

Riverside (Ages 6-14)..... RS17

(Beg., White-Yellow Belt)
Sat, Dec 4-Jan 8, 10:15AM-11:00AM
\$12 Residents/\$18 Non-Residents

Riverside (Ages 6-14)..... RS18

(Int./Adv., Camo/Black Belt)
Sat, Dec 4-Jan 8, 11:00AM-11:45AM
\$12 Residents/\$18 Non-Residents



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fb.com/MilwaukeeRecreation



SOCCER

Just for Kicks Soccer

Score the winning goal or make a diving save! Learn dribbling, trapping, and more through drills. Rules, strategy, and teamwork will be introduced.

Activity Code: 2RCE5901
(Section codes listed below)

Hamilton (Ages 5-6)..... HA01

Sat, Sep 18-Nov 6, 8:30AM- 9:15AM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 5-7)..... MR01

Sat, Sep 18-Oct 23, 10:05AM-10:50AM
\$11 Residents/\$17 Non-Residents

Milwaukee Marshall (Ages 5-6)..... MR02

Sat, Nov 6-Dec 18, 10:05AM-10:50AM
\$11 Residents/\$17 Non-Residents

Riverside (Ages 5-6)..... RS01

Sat, Sep 11-Nov 6, 10:00AM-10:55AM
\$20 Residents/\$30 Non-Residents



Mighty Mite Soccer

Quit kicking your brother or sister and kick a soccer ball instead! Learn the basics of soccer and how to play as part of a team. This class will teach dribbling, passing, and kicking. Take this opportunity to use the motor skills your child already has and focus them on an organized sport.

Activity Code: 2RCE5902
(Section codes listed below)

Hamilton (Ages 3-4)..... HA01

Sat, Sep 18-Nov 6, 9:15AM-10:00AM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 3-4)..... MR01

(Not eligible for reduced fees)
Sat, Sep 18-Oct 23, 10:55AM-11:25AM
\$8 Residents/\$12 Non-Residents

Milwaukee Marshall (Ages 3-4)..... MR02

(Not eligible for reduced fees)
Sat, Nov 6-Dec 18, 10:55AM-11:25AM
\$8 Residents/\$12 Non-Residents

Riverside (Ages 3-4)..... RS01

Sat, Sep 11-Nov 6, 9:00AM- 9:45AM
\$16 Residents/\$24 Non-Residents

B.I.G. Soccer

Soccer is great! Participants will continue to build on dribbling, heading, and trapping skills as well as develop some defense skills, all with an emphasis on FUN. Each skill will be taught thru drills that maximize repetition and learning.

Activity Code: 2RCE5903
(Section codes listed below)

Hamilton (Ages 7-9)..... HA01

Sat, Sep 18-Nov 6, 10:00AM-11:00AM
\$18 Residents/\$27 Non-Residents

Milwaukee Marshall (Ages 7-11)... MR01

Sat, Sep 18-Oct 23, 9:00AM-10:00AM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 7-9)..... MR02

Sat, Nov 6-Dec 18, 9:00AM-10:00AM
\$14 Residents/\$21 Non-Residents

TENNIS

Tennis

Tennis instruction will expose youth to backhand/forehand grips and strokes using the latest aerobic and physical fitness conditioning exercises. Rules of singles and doubles play will be covered with an emphasis on sportsmanship. Participants in intermediate and advance should have solid foundation in tennis and completed the beginner level. Participants need to bring their own rackets.

Activity Code: 2RCE6501
(Section codes listed below)

Milwaukee Marshall (Ages 6-12)... MR01

(Beg.)
Sat, Sep 18-Oct 23, 9:55AM-10:40AM
\$11 Residents/\$17 Non-Residents

Milwaukee Marshall (Ages 12-17). MR02

(Beg.)
Sat, Sep 18-Oct 23, 10:50AM-11:35AM
\$11 Residents/\$17 Non-Residents

Milwaukee Marshall (Ages 4-6)..... MR03

(Int./Adv.)
Sat, Sep 18-Oct 23, 11:45AM-12:45PM
\$15 Residents/\$23 Non-Residents

Milwaukee Marshall (Ages 4-8)..... MR04

(Beg.)
Sat, Nov 6-Dec 18, 9:55AM-10:40AM
\$11 Residents/\$17 Non-Residents

Milwaukee Marshall (Ages 6-12)... MR05

(Beg.)
Sat, Nov 6-Dec 18, 10:50AM-11:35AM
\$11 Residents/\$17 Non-Residents

Milwaukee Marshall (Ages 10-17). MR06

(Int./Adv.)
Sat, Nov 6-Dec 18, 11:45AM-12:45PM
\$15 Residents/\$23 Non-Residents



Tennis Lessons (Semi-Private)

Milwaukee Recreation is offering a golden opportunity to learn tennis in a semi-private format. Participants will learn and/or improve upon the fundamental skills of ground strokes, footwork, volleying, serving, backhand/forehand grips, and the lob. Rules of singles and doubles play will be covered with an emphasis on sportsmanship. Participants will be encouraged to bring their own racquet, water bottle, and/or sweat towel if possible. All 50-minute clinic sessions will consist of one (1) to three (3) participants. Call 414.475.8410 for more information.

Activity Code: 2RYS6507
(Section codes listed below)

Enderis Playfield (Ages 9-11)..... EF01

Mon/Wed, Sep 8-Oct 11, 4:30PM- 5:20PM
\$42 Residents/\$63 Non-Residents

Enderis Playfield (Ages 9-11)..... EF02

Mon/Wed, Sep 8-Oct 11, 5:30PM- 6:20PM
\$42 Residents/\$63 Non-Residents

Enderis Playfield (Ages 12-14)..... EF03

Mon/Wed, Sep 8-Oct 11, 6:30PM- 7:20PM
\$42 Residents/\$63 Non-Residents

Sijan Playfield (Ages 9-11) JS01

Sat, Sep 11-Oct 16, 1:30PM- 2:20PM
\$22 Residents/\$33 Non-Residents

Sijan Playfield (Ages 12-14) JS02

Sat, Sep 11-Oct 16, 2:30PM- 3:30PM
\$22 Residents/\$33 Non-Residents

MTEF Fall Tennis Lessons (Small Group)

In partnership with the Milwaukee Tennis & Education Foundation, the Youth Sports Office is excited to offer COED small group tennis lessons for ages 10-14 years old. This 6-week introductory program will ignite youth participants interests in the game of tennis and for them to have fun with peers engaging in physical activity. Each lesson is guided by the following three principles: education, exercise, and enjoyment. With structured group dynamics focused on play-to-learn and learn-to-play formats, players will build the stroke fundamentals and athletic skills needed to grow their game. Students of all abilities are welcome and will be matched accordingly in training pods of not more than 8 students per court. Participants will be encouraged to bring their own racquet and water bottle if possible. For more information, please call 414.475.8410.

Activity Code: 2RYS6508
(Section codes listed below)

Wick Playfield (Ages 10-14)..... W201

Tue/Thu, Sep 21-Oct 28, 5:00PM- 5:50PM
\$34 Residents/\$51 Non-Residents

Wick Playfield (Ages 10-14)..... W202

Tue/Thu, Sep 21-Oct 28, 6:00PM- 6:50PM
\$34 Residents/\$51 Non-Residents

Wick Playfield (Ages 10-14)..... W203

Sat, Sep 25-Oct 30, 9:00AM- 9:50AM
\$17 Residents/\$26 Non-Residents



Family Tennis Lessons (Private)

Milwaukee Recreation is now offering families the opportunity to learn tennis together in a private setting. Private lessons will provide registered families with the chance to develop or improve upon the fundamental skills of ground strokes, footwork, volleying, serving, backhand/forehand grips, and the lob together. Rules of singles and doubles play will be covered with an emphasis on sportsmanship. Registration formats will be limited to either one (1) adult and one (1) child, or one (1) adult and two (2) children of the same household per session. (Registration fees are \$25 per adult resident / \$20 per child resident, and \$38 per adult non-resident / \$33 per child non-resident) Adults are required to register, attend, and participate at each lesson with their child, as this is a family oriented program. Parents looking for children only tennis opportunities are encouraged to register for Semi-Private Tennis Lessons. Family Tennis participants will be asked to bring their own water bottle, and/or sweat towel if possible. All necessary tennis equipment will be provided by Milwaukee Recreation. All 50-minute clinic sessions will consist of a two (2) to three (3) participants from the same household. Please call 414.475.8410 for more information.

Activity Code: 2RYS6512
(Section codes listed below)

Sijan PlayfieldJS01

Sat, Sep 11-Oct 16, 9:30AM-10:20AM
Registration fees listed above.

Sijan PlayfieldJS02

Sat, Sep 11-Oct 16, 9:30AM-10:20AM
Registration fees listed above.

Sijan PlayfieldJS03

Sat, Sep 11-Oct 16, 10:30AM-11:20AM
Registration fees listed above.

Sijan PlayfieldJS04

Sat, Sep 11-Oct 16, 10:30AM-11:20AM
Registration fees listed above.

Sijan PlayfieldJS05

Sat, Sep 11-Oct 16, 11:30AM-12:20PM
Registration fees listed above.

Sijan PlayfieldJS06

Sat, Sep 11-Oct 16, 11:30AM-12:20PM
Registration fees listed above.



TRACK

Mini Track

On your mark, get set, go... Receive instruction in the proper techniques for sprints, distance running, starting stance, relays, and field events.

Activity Code: 2RCE6703
(Section codes listed below)

Milwaukee Marshall (Ages 5-7).....MR01

Sat, Sep 18-Oct 23, 9:00AM-10:00AM
\$14 Residents/\$21 Non-Residents

Milwaukee Marshall (Ages 8-12)...MR02

Sat, Sep 18-Oct 23, 10:00AM-11:00AM
\$14 Residents/\$21 Non-Residents



VOLLEYBALL

Volleyball Academy

Learn the fundamentals necessary to play more than 'boom ball.' This includes passing, serving, individual defense, setting and hitting approaches. Develop correct footwork, body positioning, timing, ball tracking and coordinated teamwork. Basic strategy and rules of the sport will be taught.

Activity Code: 2RCE6801
(Section codes listed below)

Beulah Brinton (Ages 7-10)..... BN03

Wed, Dec 1-Jan 12, 4:00PM- 5:00PM
\$12 Residents/\$18 Non-Residents

Driver Education | General Information

ELIGIBILITY (PROGRAMS NOT ELIGIBLE FOR REDUCED FEES):

Students must be 15.5 by the first day of class and not older than 17.5 by the last day of class.

MPS Drive
Students must be currently enrolled in MPS.
Course is \$35.00.
Cost includes temporary permit fee.

Community-Based Driver Education
Open to any student meeting age requirements.
City of Milwaukee residents: course fee is \$150.00
Non-residents: course fee is \$275.00
Student must pay temporary permit fee at the DMV.

IN-PERSON SCHEDULE:

- Classes will meet 2 hours per day on Mondays, Wednesdays and Thursdays.
- If you miss 3 classes, for any reason, you will be dropped from the program without a refund.

ONLINE CLASS SCHEDULE:

- Students must have internet access and either a computer, tablet or smartphone.
- A mandatory survey will be emailed to parents prior to the start of class to obtain additional student information. This process will activate the link needed to participate in the course.
- There is no set schedule for coursework to be completed; students will work at their own pace.
- Students must complete the coursework in 90 days or less.

MANDATORY ORIENTATION:

- A video link will be emailed to parents prior to the start of class; please watch the video with your student driver.

WAITLIST:

- If you join a **waitlist** for a class, your waitlist position is **only valid for that season.**
- Joining a waitlist does NOT guarantee a spot in the class; Milwaukee Recreation will contact you if a space becomes available.
- **The waitlist is only valid for one season.**

PAPERWORK:

- The packet of paperwork will be handed out on the first day of class.
- If the student is enrolled in the online program, the paperwork will be included in the online content.

HOW TO REGISTER:

MPS Drive
Visit mkerec.net.
<i>MKE REC has created student accounts.</i>
User Name: MPS Student ID (Only enter numbers)
Password: Student Last Name (the first letter is capitalized)

Community-Based Driver Education
Visit mkerec.net.
Login to your family account to register for program.

Questions? Call 414.647.6065

Driver Ed. Registration begins on August 3 • Please note, some class sizes will be limited. • mkerec.net

MPS Drive

Certified Classes for Teens | Classes Open to MPS students only

MPS Drive is a **FREE** driver education program for students meeting eligibility criteria that are currently enrolled in an MPS high school. The program serves students ready to begin driving as well as those with suspended driving privileges who need assistance with regaining driving eligibility.

ACTIVITY CODE: 2UDE3001 (Section codes listed below):



In-Person Class Options:

DATES: September 27, 2021 – October 28, 2021

LOCATION	CLASS TIME	SECTION CODE
Bay View	5:30PM - 7:30PM	BV01
Hamilton	5:30PM - 7:30PM	HA01
Madison	5:30PM - 7:30PM	MA01
MSL	4:15PM - 6:15PM	ML01
Obama SCTE	5:30PM - 7:30PM	CT01
Pulaski	4:00PM - 6:00PM	PK01
Reagan	4:00PM - 6:00PM	TL01
Riverside	4:15PM - 6:15PM	RS01
Rufus King	4:00PM - 6:00PM	RK01
South Division	5:30PM - 7:30PM	SD01
Washington	5:30PM - 7:30PM	WA01

DATES: November 8, 2021 – December 15, 2021

LOCATION	CLASS TIME	SECTION CODE
Bradley Tech	4:15PM - 6:15PM	MT02
Hamilton	5:30PM - 7:30PM	HA02
Marshall	5:30PM - 7:30PM	MR02
MHSA	4:15PM - 6:15PM	MH02
North Division	5:30PM - 7:30PM	ND02
Obama SCTE	5:30PM - 7:30PM	CT02
Reagan	4:00PM - 6:00PM	TL02
Riverside	4:15PM - 6:15PM	RS02
Rufus King	4:00PM - 6:00PM	RK02
South Division	5:30PM - 7:30PM	SD02
Vincent	4:30PM - 6:30PM	VN02

Online Class Option Fall 2021 (MPS DRIVE ONLY): In order to participate in the online class, students must have internet access and access to a computer, tablet or smartphone. **Start Date, September 27.**

Activity Code: 2UDE3001 DE10.

Restorative Program

The restorative program is geared towards students between the ages of 15 and 17 years old and who have suspended driving privileges. At no cost, students will be paired with a staff attorney at the Center for Driver's License Recovery and Employability to navigate the court process. Once driving privileges are restored, students will enroll in the MPS Drive classes. Questions? Call (414) 647-6044.

MPS Drive Program Sponsors



Educators
CREDIT UNION®



Registration for Driver Education begins on Tuesday, August 3 at 10:00am!

Achieving more together.

To sign up, see page 2 • Centers are closed Sept. 6 and Nov. 25 & 26 • Face coverings required indoors for ages 3 & up.

Community-Based Driver Education

Certified Classes for Teens | Classes Open to Residents & Non-Residents

The Community-Based Driver Education course includes 30 hours of classroom instruction, six (6) hours of driving, and six (6) hours of observation.

Activity Code: 2DRD3001 (Section codes listed below):

In-Person Class Options:

Dates: September 20, 2021 - October 27, 2021

LOCATION	CLASS TIME	SECTION CODE
Hamilton	5:30PM - 7:30PM	HA03
Marshall	5:30PM - 7:30PM	MR03

Dates: November 3, 2021 - December 15, 2021

LOCATION	CLASS TIME	SECTION CODE
Hamilton	5:30PM - 7:30PM	HA04
MSL	5:30PM - 7:30PM	ML04

Online Class Option Fall 2021 (COMMUNITY-BASED ONLY): In order to participate in the online class, students must have internet access and access to a computer, tablet or smartphone. **Start Date, September 20.**

Activity Code: 2DRD3001 DE20.

JOIN US FOR THE 14TH ANNUAL RUN BACK TO SCHOOL!



Milwaukee Recreation and MPS invite all runners and walkers to join us for the 14th annual Run Back to School on August 28, 2021 (rain or shine). Sign up for this event to enjoy a 5K run or 1.5 mile walk through Washington Park followed by some exciting family-friendly activities. All event proceeds will support youth recreation programs. Visit mkerec.net/rbts for more information. **Activity code: 5RBS3301.**



MILWAUKEE RECREATION**FREE DROP-IN PROGRAM****TWILIGHT CENTERS**

Twilight Centers are safe places for teens to hang out with their friends.

FALL HOURS ARE LISTED BELOW AND BEGIN ON AUGUST 25, 2021.

SCHOOL LOCATION	DAYS OPEN	HOURS	AGE
Andrew Douglas (Middle School Site)	Monday, Wednesday, and Friday	5:00pm - 8:00pm	10 – 15
Bay View (Middle School Site)	Friday & Saturday	5:30pm - 8:30pm	10 – 15
Madison HS, North Division HS, South Division HS, Pulaski HS, Washington HS, and Obama HS	Monday & Wednesday	6pm - 9pm	12 – 18
	Saturday	6pm - 10pm	

*** ESPORTS NOW AVAILABLE AT ANDREW DOUGLAS, MADISON, NORTH DIVISION, AND SOUTH DIVISION! ***

PLEASE NOTE: Twilight hours subject to change. For up-to-date schedules please visit mkerec.net/twilight.

Participants are being asked to wear face masks during Twilight hours. Should you need a face mask, one will be provided for you. To enter, students must bring an ID. Non-MPS middle school students must submit a Twilight Center Registration Form signed by a parent/guardian. Please visit mkerec.net/twilight for more information and call (414) 475 - 8811 for more information. For program updates, text @twightr to 81010.



Join us for the 28th annual

Halloween Glen



Join us for our 28th Annual Halloween Glen on October 8th and 9th! Actors will present interactive and educational skits at eight decorated stations at Hawthorn Glen, Milwaukee Recreation's 23-acre nature center.

This year's theme is living the sky life!

Things are looking up, so we are looking up at things. Lift your chins, raise your sights, and prepare for lofty ideas as you meet some of nature's top-level creatures who know how to hit the high notes. Following the hike, families are welcome to participate in a variety of fall-themed activities. Concessions will be available (cash only).

Severe weather could impact this outdoor event. Please call (414) 475-8192 if the weather is questionable. For all other questions, please call (414) 647-6050.

AGES

Ages 3-12 and parent(s)/guardian(s). Children ages 2 and under may attend for free. Parent/guardian(s) must register, pay and attend with child and the number of children 2 and under must be indicated. Fee is per person and not eligible for reduced fees or refunds.

TYKE HIKE (4 STATIONS)

This shorter hike is perfect for little ones eager to join in on the adventure! Our energetic tour guides will lead tykes and their families on a hike visiting 4 of the 8 stations. Following the hike families are also welcome to watch Halloween cartoons, make craft projects and enjoy refreshments (concessions are cash only). We are offering this hike at a special price of \$3.00 per person.

PICK-UP LOCATION

Pick-up location: MPS Central Services, 5225 W. Vliet St. (rear parking lot). Shuttle bus provided; there will be no parking at Hawthorn Glen. *Tyke Hike is a shorter hike perfect for little ones eager to join in on the adventure! (Hikers will visit 4 of 8 stations). Halloween Glen will be held rain or shine.

COST

\$6.00 per person for residents and non-residents (5:00-8:00PM sessions), \$3.00 per person for residents and non-residents (4:30PM Tyke Hike). Fee is per person and not eligible for reduced fees or refunds.

Due to the popularity of this event it is advised for you to register well in advance; space is limited. If our maximum registration is obtained prior to the event, on-site registrations at MPS Central Services will not be accepted.

Activity Code: 2P124001
(Section Codes listed below)

BUS DEPARTURE TIMES FROM MPS CENTRAL SERVICES

SCHEDULE

Friday, October 8th

5:45PM - HG01
6:15PM - HG02
6:45PM - HG03
7:30PM - HG04
8:00PM - HG05

Saturday, October 9th

4:30PM - HG06 (Tyke Hike)
5:00PM - HG07
5:30PM - HG08
6:00PM - HG01
6:45PM - HG10
7:15PM - HG11



OUTDOOR EDUCATION

Friday Night Tales for Tots

This nature tale time includes a story, craft, and nature hike, or trip to our nature museum. Parent/guardian must register, pay, and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125007
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG01

(Red Leaf, Yellow Leaf by Lois Ehlert)

Fri, Sep 17, 6:00PM- 7:30PM

\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 3 & up) HG02

(Autumn: An Alphabet Acrostic by Steve Schnur)

Fri, Oct 15, 6:00PM- 7:30PM

\$5 Residents/\$8 Non-Residents

Hawthorn Glen (Ages 3 & up) HG03

(Owl Moon by Jane Yolen)

Fri, Nov 19, 6:00PM- 7:30PM

\$5 Residents/\$8 Non-Residents

Howl-o-ween Pumpkin Carving

Be a part of the pack at Hawthorn Glen as we carve animal themed pumpkins for Halloween. Our naturalists will help you discover fun facts about the animals chosen for your punkin' template. We will also harvest the seeds so we can roast a tasty treat. Once completed, we will take our gourd-geous masterpieces outside to light as we hoot and howl like our animals. Fee is per person. Parent/guardian must register, pay, and attend with child. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125063
(Section codes listed below)

Hawthorn Glen (Ages 6 & up) HG01

Sat, Oct 23, 6:30PM- 8:00PM

\$5 Residents/\$8 Non-Residents

Sunset Hike

Kick up some leaves and take in the views during nature's most spectacular season. Explore Lapham Peak at dusk when the wildlife is abundant. Hike through the pine plantation and enjoy a short segment of the Ice Age Trail on the way to the observation tower. Sunsets are truly a masterpiece painted by Mother Nature. Be sure to bring your camera! Fee is per person. Parent/guardian must register, pay, and attend with a child. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125064
(Section codes listed below)

Lapham Peak (Ages 6 & up) LX01

Sat, Sep 18, 4:30PM- 6:00PM

\$5 Residents/\$5 Non-Residents

Harvest Wreath Class

Celebrate the fall season by creating a one of a kind wreath displaying the beautiful colors of the season. Natural materials and grapevine harvested from Hawthorn Glen will be used to create your own unique design. Display the wreath at your own home to welcome guests or give this special hand-crafted gift to friends or family. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125069
(Section codes listed below)

Hawthorn Glen (Ages 6 & up) HG01

Sat, Oct 30, 10:00AM-12:00PM

\$6 Residents/\$9 Non-Residents

History Hike

Walk back in time as we explore Hawthorn Glen's history. Discover how glaciers shaped the landscape. Learn of the many different uses of the property throughout the years and plans to ensure and enhance its conservation. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125070
(Section codes listed below)

Hawthorn Glen (Ages 6 & up) HG01

Sat, Sep 25, 10:00AM-11:30AM

\$5 Residents/\$8 Non-Residents

Autumn Leaves

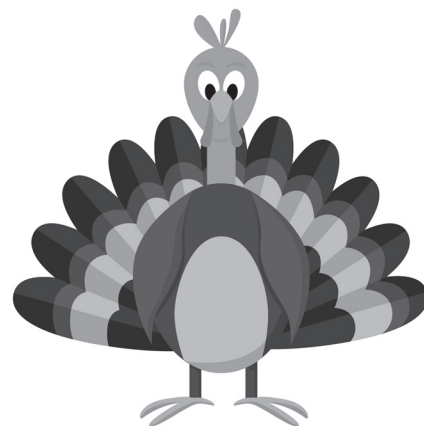
Fall is a wonderful time to watch nature's amazing transformation as it prepares itself for the coldest of seasons. Hike through our vibrantly colored urban forest with our naturalists and explore how our native flora and fauna adapt for the changes ahead. Enjoy collecting leaves as we hike, and then paint a brightly hued t-shirt of your own. (Please bring your own t-shirt). Parent/guardian must register, pay, and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125074
(Section codes listed below)

Hawthorn Glen (Ages 3 & up) HG01

Sat, Oct 2, 10:00AM-11:30AM

\$5 Residents/\$8 Non-Residents



Turkey Day

With Thanksgiving right around the corner, join us for a closer look at turkeys and learn where and how turkeys live in the wild. Create a turkey craft to take home, meet Hawthorn Glen's resident turkey and understand why we should be thankful for turkeys! Parent/guardian must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125080
(Section codes listed below)

Hawthorn Glen (Ages 4 & up) HG01

Sat, Nov 20, 10:00AM-11:30AM

\$5 Residents/\$8 Non-Residents



Where Did They Go?

Sometimes November can seem almost bleak. The bugs are quiet and the birds are leaving. The leaves have fallen and the flowers have faded. But where and why did all these things go? Join us for a hike at Hawthorn Glen to un-ravel the stillness of late fall. Parent/guardian must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125081
(Section codes listed below)

Hawthorn Glen (Ages 4 & up) HG01

Sat, Nov 13, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents



Wisconsin Rocks!

Whatever genre of rock you are into, Wisconsin has 3 types of rocks and they are all underground. Unearth these distinctive categories and take a closer look at the wonderful life of rocks! We may even discover life in the rock. Learn about Wisconsin's state rock, Milwaukee's bedrock and examine the differences. This is probably the only class that will break into something millions of years old and no one will get in trouble. Parent/guardian must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125083
(Section codes listed below)

Hawthorn Glen (Ages 8 & up) HG01

Sat, Nov 6, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents

Falling for Flowers

NEW

The flowers of spring and summer seem to get all the attention, probably because people are so happy to welcome warm weather. When the weather starts to get cooler with the coming of autumn, there are still beautiful late season flowers that deserve the same attention. Take a walk with our naturalist and learn about goldenrods, asters and other late bloomers. Fee is per person. Parent/guardian must register, pay and attend with a child. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125088
(Section codes listed below)

Hawthorn Glen (Ages 8 & up) HG01

Sat, Sep 11, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents

Insect Hotels

NEW

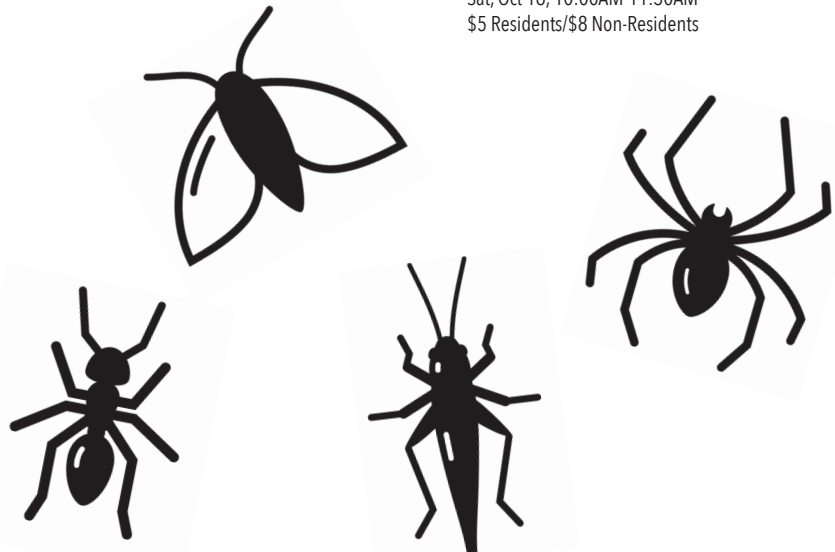
You may already be familiar with the concept of insect hotels. Offering a sanctuary to beneficial insects, especially pollinators, insect hotels are considered to be the urban solution to declining populations of beneficial insects due to habitat loss, pollution and pesticides. Join us at Hawthorn Glen to learn the do's and don'ts of insect hotels and why many of the commercial ones are more for the benefit of human observers. And create an insect hotel of your own to take home. Fee is per person. Parent/guardian must register, pay and attend with child. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P125089
(Section codes listed below)

Hawthorn Glen (Ages 6 & up) HG01

Sat, Oct 16, 10:00AM-11:30AM
\$5 Residents/\$8 Non-Residents

**Visit page
13 for Nature
in Your
Neighborhood!**



SPACE SCIENCE

Autumn Planetarium

Come to the planetarium prepared to be 'wowed' as we dim the lights to explore the autumn skies. Autumn is a great time for star gazing in Milwaukee -- the nights are pleasantly cool and relatively bug free. Learn some of the fall constellations and the legends that put them in the sky. Bid farewell to the bird constellations as they migrate below the horizon. Programs are enjoyable for star gazers of all ages, especially children. Parent/guardian must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P126016
(Section codes listed below)

Hamilton (Ages 6 & up) HG02

Tue, Sep 21, 6:30PM- 7:45PM
\$4 Residents/\$6 Non-Residents

So You Want to be an Astronomer

NEW Join our naturalist at the planetarium for an evening all about questions. Learn about the answers to questions discovered by astronomers now considered famous and ask questions of your own. Perhaps one day you too can become a famous astronomer and discover the answers. Parent/guardian must register, pay and attend with child. Fee is per person. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P126026
(Section codes listed below)

Hamilton (Ages 6 & up) HA01

Thu, Oct 21, 6:30PM- 7:45PM
\$4 Residents/\$6 Non-Residents

Mythology of the Stars

NEW Most cultures have seen pictures in the stars in the night sky, pictures of creatures like lions, bulls, even scorpions. Most of the ancient constellations are named after creatures in Greek and Roman mythology. Come explore the mythology of the stars with us at the planetarium. Fee is per person. Parent/guardian must register, pay and attend with a child. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2P126027
(Section codes listed below)

Hamilton (Ages 8 & up) HA01

Wed, Nov 17, 6:30PM- 7:45PM
\$4 Residents/\$6 Non-Residents



Save the date for...

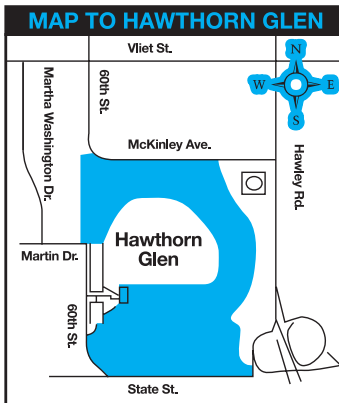
Winter Wonder Woods

December 10, 11, 17 & 18 | 5:00-8:30PM

1130 N. 60th Street, Milwaukee, WI 53208

More details to come!

THE LITTLE NATURE MUSEUM AT HAWTHORN GLEN



LOCATED AT 1130 NORTH 60TH ST.
HOURS: Mon-Fri 4 PM-5 PM, Sat & Sun 11 AM-12 PM and 3 PM-4 PM

Attendance is **FREE!**
 Come visit our Little Nature Museum & see animals native to Wisconsin, including tree frogs, several species of turtles & snakes, and many birds, even a hawk.



**Visit page
57 for
Outdoor
Education
offerings for
ages 50+!**



DID YOU KNOW?

93% of U.S. adults say their **mental health** is **improved** by services offered by **local park and recreation professionals** and agencies.

via nrpa.org/parkpulse

HAWTHORN GLEN RENTALS

Hawthorn Glen is a perfect place to host a small gathering. Reserve your next birthday party, shower, family event or meeting space with us (March - November)!

- Assembly Room (indoor), maximum 65 people
- Picnic Area #1, maximum 150 people
- Picnic Area #2, maximum 75 people

Due to COVID-19 safety measures, gathering numbers and protocol may be affected. Please contact our office for current guidelines.

For reservations or more information, call the Outdoor Education Office at (414) 647-6050. Additional information is available at: mkerec.net/Hawthorn-Glen



Guidelines from the American Red Cross. Please read to choose the appropriate swim level for your child(ren).

Level	Requirements	Course Description
Infant	Ages 6 mos. to 18 mos. An adult must accompany the child in the water. Swim diapers required. No swim caps required.	The infant program introduces the child to water in a friendly environment. The program's focus is exploration and includes songs and games. Parents will gain tips in water safety for their infants.
Lil' Squirt	Ages 18 mos. to 36 mos. An adult must accompany the child in the water. Swim diapers and swim caps required	Lil' Squirt swim lessons acquaint the child with water through a combination of songs, games and basic water skills such as kicking and floating. Water safety practices will also be included.
Tiny-Tot	Ages 3-4 yrs. Previous pool experience NOT necessary. An adult must accompany the child in the water. Swim diapers recommended. Swim caps required	Tiny-tots build elementary aquatic skills including independent floating, breath control and rudimentary paddling techniques. Safety skills include "breaking" the over-confident toddler to allow your child to realize what it takes to swim independently in water.
Advanced Tiny-Tot	Ages 4-5 yrs. Previous enrollment in Tiny-Tots OR ability to submerge entire body and kick across pool with a flotation device. An adult must accompany the child in the water.	Participants are introduced to elementary swimming skills such as kicking in a variety of ways, floating, and rhythmic breathing. This course serves as an appropriate transition to Level One. Parents will elaborate on safety skills, including swimming with their tot in tow.
Little Lv. 1 OR Little Lv. 2	Ages 4-6 yrs. Previous enrollment in Advanced Tots OR ability to submerge entire body and kick across pool with a kick board. <i>Due to COVID-19 protocol, an adult must accompany the child in the water.</i>	In the Lil' Level 1/2 classes, the same elementary aquatic skills from Level One/Two are taught (see descriptions below.) In addition to meeting minimum 42" height requirement, your youngster should be able to be in class without you for the 45 minute class period. Instructors will advise promotion options based on age & skill.
Level One Water Exploration	Ages 6-14 yrs. None (Please see the height requirements noted under each swim location). <i>Due to COVID-19 protocol, an adult must accompany the child in the water.</i>	In Level 1, elementary aquatic skills are taught, which children will build on as they progress through the six Learn-to-Swim levels. In addition to rhythmic breathing and floating, skills include various kicks and arm strokes. At this level, children also start to develop positive attitudes and safe practices around the water.
Level Two Fundamental Aquatic Skills	Ages 6-14 yrs. Passed Level 1 or can demonstrate completion of all requirements in Level 1. <i>Due to COVID-19 protocol, an adult must accompany the child in the water.</i>	The objective of Level 2 is to give children success with fundamental skills. Children learn: floating without support and recovering to a vertical position, exploring simultaneous and alternating arm and leg motion to lay the foundations for future strokes. An introduction to deep water is included in this course.
Level Three Stroke Development	Ages 6-14 yrs. Passed Level 2 or can demonstrate completion of all requirements in Level 2.	Level 3 builds on the skills learned in Level 2 by providing additional guided practice. Children learn: coordinating the front crawl, elementary backstroke, fundamentals of treading water, rules for head first entries and additional safety skills. Most importantly, children who successfully complete this course will be ready to swim in deep water
Level Four Stroke Improvement	Ages 6-15 yrs. Passed Level 3 or can demonstrate all Level 3 requirements. Students MUST be comfortable in deep water.	The objective of Level 4 is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Children learn: improved skills and increased endurance in the familiar strokes (front/back crawl), and are introduced to the elementary backstroke, breaststroke, sidestroke, and butterfly.
Level Five Advanced Strokes	Ages 6-15 yrs. Passed Level 4 or can demonstrate completion of all requirements in Level 4.	The objective of Level 5 is to coordinate the strokes that were introduced in 4. Students will put together the mechanics for elementary backstroke, breaststroke, sidestroke and butterfly. Underwater swimming & surface dives will also be included.
Level Six Stroke Refinement	Ages 6-16 yrs. Passed Level 5 or can demonstrate completion of all requirements in Level 5.	Level 6 refines all 6 strokes. Children learn: advanced techniques in all strokes (front/back crawl, butterfly, breaststroke, elementary backstroke, sidestroke) and will increase their distance endurance. Flip turns at the wall and improved diving skills will provide the student with the essentials to pursue swimming as a sport.

To sign up, see page 2 • Centers are closed Sept. 6 and Nov. 25 & 26 • Face coverings required indoors for ages 3 & up.

AQUATICS COVID-19 PROTOCOLS

- Face coverings are required inside the facility, in locker rooms, and on the pool deck. You will be issued a sanitized kick board to rest your face covering at the side of the pool as you enjoy your swim activity.
- Temperature checks prior to entry to the pool area may be required. If a patrons temperature is at or above 100 degrees Fahrenheit, they would not be allowed to participate in aquatic activities that day and would have a credit applied to their account for that missed class.
- Enter directly onto pool deck. **Do not enter via locker room.** Your instructor/coach will direct you to locker room once it is sanitized. To save time, arrive with your swimwear on.
- Please do not use the lockers. There will be designated spaces on benches in the pool area to place your personal belongings, including gym bags, towels, etc.
- Bring your own drinking bottle. Reminder: no glass on pool deck.
- In the locker room, one bench per person or one bench per household. If you are from the same household, you may share a bench.
- Limit your post-swim locker room time to 15 minutes. Exit the facility through the locker room doors.
- Flip flops or appropriate swim footwear highly recommended.
- A responsible person, age 16 or older must enter the pool with every child enrolled in Tot, Adv. Tot, Little Lv. 1, Little Lv. 2, Level 1 and Level 2.
- One spectator will be allowed on pool deck per swimmer on weeks 1, 4, and 8.

Protocols are subject to change. Thank you for your cooperation and understanding!

GENERAL SWIM INFORMATION

What to Bring to — Swimsuit, towel, and swim cap. Swim caps must be worn by all individuals entering the pool. Swim caps may be purchased at the recreation office for \$2. Please report 10 minutes before class starts.

Height Requirements (Ages 6-14) — Students must meet the listed minimum height for each pool. Most pools have a 48" height requirement. For youth who are 42"-48" a six-inch booster step may be available. Children not able to comfortably stand in the shallow end of the pool (with or without a booster step) should be enrolled in an Infant, Lil' Squirts, Tiny-Tot or Advanced Tiny-Tot class where a parent/guardian must accompany the child in the water.

Water Temperature — Normal water temperature is 78-82° F. The only exceptions are Gaenslen Elementary and Marshall therapy pools which range 86-89° F.

Locker Rooms — Participants may bring a padlock for lockers. All swim gear must be removed after each class. Children five years of age or under may accompany their parent/guardian in the locker room. Children ages six and up should use the locker rooms that correspond to their gender identity. For additional locker room information, please see the Aquatics COVID-19 Protocols below.

Pre-Testing — A pre-test is given to swimmers in levels 2-6 on the first day of class to ensure that the swimmer is in the appropriate level. Instructors reserve the right to recommend alternate classes for those students unable to complete pre-tests.

Testing — Testing of swim skills learned generally occurs during the second to last lesson, and last lesson. Parents/caregivers will be given certificates on the last day indicating which level to enroll in next.

Infant and Tiny-Tot Requirements — Diapers: Regular disposable diapers are not permitted as they disintegrate in the pool. Either disposable "Little swimmers" or reusable swim diapers are required.

Parent Attendance (NEW FOR FALL 2021) — Parents/caregivers must accompany their children in the water for all Tiny-Tot, Adv. Tiny-Tot, Lil. Lv 1, Lil. Lv 2, Level 1, and Level 2 classes.

Second Child in Class — If a parent/caregiver has more than one child enrolled in Tiny-Tot or Advanced Tiny-Tot classes, the second child must be accompanied by a responsible person 16 years of age or older.

Make-up Policy — Milwaukee Recreation works diligently to ensure that our pools stay in working operation to offer consistency in our programs. In the event that more than one class is cancelled due to circumstances we cannot control, we will work to make-up the missed class at a later date. When a make-up date is unavailable, credits for the missed class will be applied to your Milwaukee Recreation account.

\$5 SWIM CLASSES

Madison High School

Monday, Sep 20 - Nov 8

Class#	Level	Start Time	End Time	Price
#2RAQ10574-MA02Tot		5:15PM	5:45PM	\$5
#2RAQ10502-MA02LV 2		6:05PM	6:55PM	\$5
#2RAQ10504-MA02Adult		7:15PM	8:15PM	\$5

Wednesday, Sep 22 - Nov 10

Class#	Level	Start Time	End Time	Price
#2RAQ10503-MA02LV 3		5:15PM	6:05PM	\$5
#2RAQ10501-MA03LV 1		6:25PM	7:15PM	\$5
#2RAQ10533-MA01Family		7:35PM	8:25PM	\$5

Saturday, Sep 25 - Nov 13

Class#	Level	Start Time	End Time	Price
#2RAQ10503-MA01LV 3		8:30AM	9:20AM	\$5
#2RAQ10574-MA01Tot		9:40AM	10:10AM	\$5
#2RAQ10501-MA01LV 1		10:30AM	11:20AM	\$5
#2RAQ10502-MA01LV 2		12:20PM	1:10PM	\$5
#2RAQ10501-MA02LV 1		1:30PM	2:20PM	\$5
#2RAQ10504-MA01Adult		2:40PM	3:40PM	\$5

Milwaukee High School of the Arts

Monday, Sep 20 - Nov 8

Class#	Level	Start Time	End Time	Price
#2RAQ10574-MH02Tot		5:00PM	5:30PM	\$5
#2RAQ10501-MH03LV 1		5:50PM	6:40PM	\$5
#2RAQ10533-MH02Family		7:00PM	8:00PM	\$5

Tuesday, Sep 21 - Nov 9

Class#	Level	Start Time	End Time	Price
#2RAQ10501-MH04LV 1		5:00PM	5:50PM	\$5
#2RAQ10574-MH04Tot		6:10PM	6:40PM	\$5
#2RAQ10502-MH02LV 2		7:00PM	7:50PM	\$5

Wednesday, Sep 22 - Nov 10

Class#	Level	Start Time	End Time	Price
#2RAQ10533-MH03Family		5:00PM	6:00PM	\$5
#2RAQ10574-MH05Tot		6:20PM	6:50PM	\$5
#2RAQ10503-MH02LV 3		7:10PM	8:00PM	\$5

Thursday, Sep 23 - Nov 11

Class#	Level	Start Time	End Time	Price
#2RAQ10574-MH03Tot		5:00PM	5:30PM	\$5
#2RAQ10502-MH03LV 2		5:50PM	6:40PM	\$5
#2RAQ10504-MH01Adult		7:00PM	8:00PM	\$5

Saturday, Sep 25 - Nov 13

Class#	Level	Start Time	End Time	Price
#2RAQ10574-MH01Tot		8:30AM	9:00AM	\$5
#2RAQ10533-MH01Family		9:20AM	10:20AM	\$5
#2RAQ10503-MH01LV 3		10:40AM	11:30AM	\$5
#2RAQ10502-MH01LV 2		12:30PM	1:20PM	\$5
#2RAQ10501-MH01LV 1		1:40PM	2:30PM	\$5
#2RAQ10501-MH02LV 1		2:50PM	3:40PM	\$5

As the American Red Cross celebrates its Centennial SWIM campaign, Milwaukee Recreation and the Red Cross have partnered to offer \$5 swim classes at four locations across Milwaukee: Madison HS, Milwaukee HS of the Arts, North Division HS, and Vincent HS. These locations will offer \$5 swim opportunities for youth, adults, and families both residents and non-residents. Registration begins on August 5.

Family Swim: Children ages 10 and up with their parent/caregiver can all learn to swim together! Make it a family affair and come learn all the basics of swimming at a pool near you. Up to 3 children per adult in the class. Each family member should enroll and pay the course fee.

American Red Cross



North Division High School

Tuesday, Sep 21 - Nov 9

Class#	Level	Start Time	End Time	Price
#2RAQ10504-ND01Adult		5:15PM	6:15PM	\$5
#2RAQ10505-ND01LV 1		6:35PM	7:25PM	\$5

Thursday, Sep 23 - Nov 11

Class#	Level	Start Time	End Time	Price
#2RAQ10533-ND01Family		5:15PM	6:15PM	\$5
#2RAQ10574-ND01Tot		6:35PM	7:05PM	\$5
#2RAQ10504-ND02Adult		7:25PM	8:25PM	\$5

Saturday, Sep 25 - Nov 13

Class#	Level	Start Time	End Time	Price
#2RAQ10502-ND01LV 2		8:30AM	9:20AM	\$5
#2RAQ10501-ND02LV 1		9:40AM	10:30AM	\$5
#2RAQ10574-ND02Tot		10:50AM	11:20AM	\$5
#2RAQ10533-ND02Family		11:40AM	12:40PM	\$5
#2RAQ10504-ND03Adult		1:30PM	2:20PM	\$5
#2RAQ10503-ND01LV 3		2:40PM	3:30PM	\$5

Vincent High School

Tuesday, Sep 21 - Nov 9

Class#	Level	Start Time	End Time	Price
#2RAQ10503-VN01LV 3		5:15PM	6:05PM	\$5
#2RAQ10501-VN01LV 1		6:25PM	7:15PM	\$5
#2RAQ10533-VN01Family		7:35PM	8:35PM	\$5

Thursday, Sep 23 - Nov 11

Class#	Level	Start Time	End Time	Price
#2RAQ10533-VN02Family		5:15PM	6:15PM	\$5
#2RAQ10574-VN01Tot		6:35PM	7:05PM	\$5
#2RAQ10504-VN01Adult		7:25PM	8:25PM	\$5

Saturday, Sep 25 - Nov 13

Class#	Level	Start Time	End Time	Price
#2RAQ10501-VN02LV 1		8:20AM	9:10AM	\$5
#2RAQ10502-VN01LV 2		9:30AM	10:20AM	\$5
#2RAQ10574-VN02Tot		10:40AM	11:10AM	\$5
#2RAQ10504-VN02Adult		11:30AM	12:30PM	\$5
#2RAQ10503-VN02LV 3		1:30PM	2:20PM	\$5
#2RAQ10501-VN03LV 1		2:40PM	3:30PM	\$5

GENERAL SWIM CLASSES

Gaenslen School

Monday, Sep 20 - Nov 8

Class#	Level	Start Time	End Time	Price
#2RAQ7402-GS01	Lil' Squirts	5:40PM	6:10PM	\$32
#2RAQ0501-GS01	Level 1	6:30PM	7:20PM	\$36

Tuesday, Sep 21 - Nov 9

Class#	Level	Start Time	End Time	Price
#2RAQ7403-GS01	Tiny Tot	5:40PM	6:10PM	\$32
#2RAQ0502-GS01	Level 2	6:30PM	7:20PM	\$36

Wednesday, Sep 22 - Nov 10

Class#	Level	Start Time	End Time	Price
#2RAQ7401-GS01	Infant	5:40PM	6:10PM	\$32
#2RAQ7404-GS01	Adv. Tiny Tot	6:25PM	7:10PM	\$36

Friday, Sep 24 - Nov 12

Class#	Level	Start Time	End Time	Price
#2RAQ0511-GS01	Lit. Level 1	5:40PM	6:25PM	\$36

Saturday, Sep 25 - Nov 13

Class#	Level	Start Time	End Time	Price
#2RAQ7401-GS02	Infant	8:00AM	8:30AM	\$32
#2RAQ7402-GS02	Lil' Squirts	8:50AM	9:20AM	\$32
#2RAQ7403-GS02	Tiny Tot	9:40AM	10:10AM	\$32
#2RAQ7404-GS02	Adv. Tiny Tot	10:30AM	11:15AM	\$36
#2RAQ0501-GS02	Level 1	12:20PM	1:10PM	\$36
#2RAQ0502-GS02	Level 2	1:30PM	2:20PM	\$36
#2RAQ0511-GS02	Lit. Level 1	2:40PM	3:25PM	\$36

Hamilton High School

Monday, Sep 20 - Nov 8

Class#	Level	Start Time	End Time	Price
#2RAQ7403-HA01	Tiny Tot	5:45PM	6:15PM	\$32
#2RAQ0511-HA01	Lit. Level 1	6:30PM	7:20PM	\$36

Wednesday, Sep 22 - Nov 10

Class#	Level	Start Time	End Time	Price
#2RAQ7401-HA01	Infant	5:40PM	6:10PM	\$32
#2RAQ0501-HA02	Level 1	6:30PM	7:20PM	\$36

Thursday, Sep 23 - Nov 11

Class#	Level	Start Time	End Time	Price
#2RAQ0502-HA01	Level 2	5:45PM	6:35PM	\$36
#2RAQ0503-HA04	Level 3	6:55PM	7:45PM	\$36

Saturday, Sep 25 - Nov 13

Class#	Level	Start Time	End Time	Price
#2RAQ0511-HA02	Lit. Level 1	9:15AM	10:00AM	\$36
#2RAQ7404-HA01	Adv. Tiny Tot	10:30AM	11:15AM	\$36
#2RAQ0512-HA01	Lit. Level 2	1:15PM	2:00PM	\$36
#2RAQ0501-HA01	Level 1	2:20PM	3:10PM	\$36
#2RAQ7402-HA01	Lil' Squirts	3:30PM	4:00PM	\$32

Marshall High School

Monday, Sep 20 - Nov 8

Class#	Level	Start Time	End Time	Price
#2RAQ7404-MR01	Adv. Tiny Tot	5:00PM	5:45PM	\$36
#2RAQ0503-MR01	Level 3	6:00PM	6:50PM	\$36

Tuesday, Sep 21 - Nov 9

Class#	Level	Start Time	End Time	Price
#2RAQ7402-MR01	Lil' Squirts	6:10PM	6:40PM	\$32
#2RAQ0502-MR01	Level 2	6:55PM	7:45PM	\$36

Wednesday, Sep 22 - Nov 10

Class#	Level	Start Time	End Time	Price
#2RAQ0511-MR01	Lit. Level 1	5:00PM	5:45PM	\$36
#2RAQ0512-MR01	Lit. Level 2	6:05PM	6:50PM	\$36

Thursday, Sep 23 - Nov 11

Class#	Level	Start Time	End Time	Price
#2RAQ7403-MR01	Tiny Tot	5:00PM	5:30PM	\$32
#2RAQ0501-MR01	Level 1	5:50PM	6:40PM	\$36

Saturday, Sep 25 - Nov 13

Class#	Level	Start Time	End Time	Price
#2RAQ0506-MR01	Level 6	9:50AM	10:40AM	\$36
#2RAQ0505-MR01	Level 5	11:00AM	11:50AM	\$36
#2RAQ0504-MR01	Level 4	12:50PM	1:40PM	\$36
#2RAQ0503-MR02	Level 3	2:00PM	2:50PM	\$36

Pulaski High School

Saturday, Sep 25 - Nov 13

Class#	Level	Start Time	End Time	Price
#2RAQ0503-PK01	Level 3	9:50AM	10:40AM	\$36
#2RAQ0504-PK01	Level 4	11:00AM	11:50AM	\$36
#2RAQ0505-PK01	Level 5	12:50PM	1:40PM	\$36
#2RAQ0506-PK01	Level 6	2:00PM	2:50PM	\$36
#2RAQ7403-PK01	Tiny Tot	3:10PM	3:40PM	\$32

GENERAL SWIM CLASSES

Riverside

Saturday, Sep 25 - Nov 13

Class#	Level	Start Time	End Time	Price
#2RAQ0503-RS01	Level 3	12:30PM	1:20PM	\$36
#2RAQ0504-RS01	Level 4	1:40PM	2:30PM	\$36
#2RAQ0505-RS01	Level 5	2:50PM	3:40PM	\$36

South

Tuesday, Sep 21 - Nov 9

Class#	Level	Start Time	End Time	Price
#2RAQ7401-SD01	Infant	6:00PM	6:30PM	\$32
#2RAQ7402-SD01	Lil' Squirts	6:50PM	7:20PM	\$32

Saturday, Sep 25 - Nov 13

Class#	Level	Start Time	End Time	Price
#2RAQ0511-SD01	Lit. Level 1	8:30AM	9:15AM	\$36
#2RAQ7403-SD01	Tiny Tot Swim	9:35AM	10:05AM	\$32
#2RAQ7404-SD01	Adv. Tiny Tot	10:25AM	11:10AM	\$36
#2RAQ0503-SD01	Level 3	11:00AM	11:50AM	\$36
#2RAQ0501-SD01	Level 1	11:30AM	12:20PM	\$36
#2RAQ0502-SD01	Level 2	1:20PM	2:10PM	\$36
#2RAQ0501-SD02	Level 1	2:30PM	3:20PM	\$36

Swim Lesson Age Groupings

CLASS	AGES
Tiny-Tot	3yrs
Adv. Tots	4-5yrs
Lil' Lv. 1/2	4-6yrs
Levels 1-6	6-16yrs

* See level description on page 30 for ages.

Height Requirements

Arts	48"
Gaenslen	36"
Hamilton	48"
MacDowell	48"
Marshall	48"
North Division	48"
Pulaski	54"
Riverside	48"
South Division	48"
Vincent	48"



ADULT SWIM

Adult Swim Lessons

If you are a beginning swimmer, this class will orient you to swimming essentials so you will feel comfortable in and around water. You will learn basic swim strokes and water safety techniques. Intermediate swimmers will work on refining swimming strokes. Swimming caps are required and are available at the pools for \$2.

Activity Code: 2RAQ0401
(Section codes listed below)

Gaenslen (Ages 17 & up).....GS01
Mon, Sep 27-Nov 15, 7:40PM- 8:40PM
\$36 Residents/\$48 Non-Residents

Gaenslen (Ages 17 & up).....GS02
Tue, Sep 28-Nov 16, 7:40PM- 8:40PM
\$36 Residents/\$48 Non-Residents

Milwaukee Marshall (Ages 17 & up)... MR01
Wed, Sep 22-Nov 10, 7:10PM- 8:10PM
\$36 Residents/\$48 Non-Residents

Milwaukee Marshall (Ages 17 & up)... MR02
Sat, Sep 25-Nov 13, 8:30PM- 9:30PM
\$36 Residents/\$48 Non-Residents

Riverside (Ages 17 & up)..... RS01
Sat, Sep 25-Nov 13, 10:40AM-11:40AM
\$36 Residents/\$48 Non-Residents

South Division (Ages 17 & up).....SD02
Thu, Sep 23-Nov 11, 7:15PM- 8:15PM
\$36 Residents/\$48 Non-Residents

South Division (Ages 17 & up).....SD01
Sat, Sep 25-Nov 13, 9:50AM-10:50AM
\$36 Residents/\$48 Non-Residents

AQUA FITNESS

Aqua Boot Camp

Make your muscles burn so that your metabolic engine will stay lit, scorching calories long after your swimsuit has dried. A powerful class for men and women, you will need to bring hand-held weights between 3-5 pounds and a water bottle to stay hydrated. Water shoes recommended. Training tactics may not be appropriate for beginning exercisers, persons with special needs or those who wish not to get their hair wet.

Activity Code: 2RAQ0301
(Section codes listed below)

Riverside RS01
Sat, Sep 25-Nov 13, 9:10AM-10:20AM
\$36 Residents/\$54 Non-Residents

Aqua Zumba®

The hottest fitness craze hits the cool water in the pool. Plan to have so much fun in this latin-themed pool party that you'll never miss the calories you leave behind. Water shoes recommended. Please bring a water bottle.

Activity Code: 2RAQ0302
(Section codes listed below)

Hamilton HA01
Sat, Sep 25-Nov 13, 12:05PM-12:55PM
\$36 Residents/\$54 Non-Residents

Vincent VN01
Thu, Sep 23-Nov 11, 6:20PM- 7:20PM
\$36 Residents/\$54 Non-Residents

Cardio Splash

Converting fat into lean muscle as you work against the powerful resistance of water is only the beginning of this high energy session. Fitness studies show that fat loss is expedited through interval training. You will work in sets of higher intensity intervals with periods of active rest. Endurance and intensity build each week for maximum results. Bring water bottle and hand weights to each class.

Activity Code: 2RAQ0304
(Section codes listed below)

Gaenslen GS01
Tue, Sep 21-Nov 9, 4:20PM- 5:20PM
\$36 Residents/\$54 Non-Residents

Deep Water Aerobics

Changing the medium in which you workout challenges the body, building muscle in places you may not have felt before. In the gym trainers use Bosu platforms and exercise balls to destabilize the environment; in the water, we take the floor away! Participants will be provided a floatation belt.

Activity Code: 2RAQ0305
(Section codes listed below)

Hamilton HA01
Wed, Sep 22-Nov 10, 7:40PM- 8:40PM
\$36 Residents/\$54 Non-Residents

Hamilton HA02
Sat, Sep 25-Nov 13, 9:10AM-10:10AM
\$36 Residents/\$54 Non-Residents



Water Aerobics - Adult

Increase flexibility, muscle strength and endurance without joint discomfort of traditional land exercise. Sign up now to make your workout fun, not a bore or a chore.

Activity Code: 2RAQ0306
(Section codes listed below)

Gaenslen GS01
Mon, Sep 20-Nov 8, 4:20PM- 5:20PM
\$36 Residents/\$54 Non-Residents

Gaenslen GS02
Wed, Sep 22-Nov 10, 4:20PM- 5:20PM
\$36 Residents/\$54 Non-Residents

Gaenslen GS03
Fri, Sep 24-Nov 12, 4:20PM- 5:20PM
\$36 Residents/\$54 Non-Residents

Hamilton HA01
Mon, Sep 20-Nov 8, 7:40PM- 8:40PM
\$36 Residents/\$54 Non-Residents

Milwaukee Marshall MR01
Mon, Sep 20-Nov 8, 7:15PM- 8:15PM
\$36 Residents/\$54 Non-Residents

Milwaukee Marshall MR02
Thu, Sep 23-Nov 11, 7:00PM- 8:00PM
\$36 Residents/\$54 Non-Residents

YoQUA Fusion

Specially designed water exercise to ease the mind and restore the body. Gentle movements to increase flexibility and renew your spirit will be interspersed with moderate cardiovascular exercise to maintain body temperature. Participants may use floatation belts (provided) for some portions of this class.

Activity Code: 2RAQ0307
(Section codes listed below)

Milwaukee Marshall MR01
Tue, Sep 21-Nov 9, 5:00PM- 5:50PM
\$36 Residents/\$54 Non-Residents

DRUM VIBES

SAF AQUA® Drums Vibes is a combination of drum rhythms and water exercise that is done with all new equipment never brought into a pool before. Play the drums in the water while you workout - your movements will be more effective and you utilize the weighted drum sticks in many positions. Working out never felt like so much fun. Equipment for class provided. Space is limited.

Activity Code: 2RAQ0309
(Section codes listed below)

Gaenslen GS01
Thu, Sep 23-Nov 11, 4:20PM- 5:20PM
\$36 Residents/\$54 Non-Residents

YOUTH COMP SWIM

Piranhas Swim Team

The Milwaukee Piranhas Age-Group Swim Club is for experienced swimmers who have been recommended by a coach to participate at the highest level of competition. New members should seek the approval of a coach by setting up a placement session at the pool. Swimmers on this team may be recruited for USA SWIMMING opportunities. No swimmers allowed to participate without proof of enrollment. Not eligible for reduced fees. Additional family members enrolling in Competitive Swim pay 50% of the listed fees.

Activity Code: 2RCS0808
(Section codes listed below)

MacDowell (Ages 6-19).....JU01

Mon-Thu, Sep 7-Dec 21, 6:35PM- 8:05PM
\$72 Residents/\$108 Non-Residents

MacDowell (Ages 6-19).....JU02

Mon-Thu, Sep 7-Dec 21, 5:15PM- 6:15PM
\$54 Residents/\$81 Non-Residents

MacDowell (Ages 6-19).....JU11

(SAT - EXTRA PRACTICE)
(these sections are not eligible for family discount)
Sat, Sep 25-Dec 18, 8:35AM-10:05AM
\$18 Residents/\$27 Non-Residents

MacDowell (Ages 6-19).....JU22

(SAT - EXTRA PRACTICE)
(these sections are not eligible for family discount)
Sat, Sep 25-Dec 18, 10:15AM-11:15AM
\$18 Residents/\$27 Non-Residents

Krakens Swim Team

The Krakens Age Group Swim Team offers a recreational competitive atmosphere. Seasonal swim meets will be held with local age-group clubs and allow for swimmers to be introduced to competition with those of similar ability levels. Participant should have completed Level 3 of the Learn to Swim program or be able to swim 25 continuous yards. Swimmers are not allowed to participate without proof of enrollment. Not eligible for reduced fees. Additional family members enrolling in Competitive Swim pay 50% of the listed fees.

Activity Code: 2RCS0810
(Section codes listed below)

Riverside (Ages 6-19).....RS02

(Intermediate group)
Mon/Wed/Thu, Sep 8-Dec 22, 5:45PM- 6:45PM
\$36 Residents/\$72 Non-Residents

Riverside (Ages 4-12).....RS03

(Pre-Comp group)
Mon/Wed, Sep 8-Dec 22, 5:45PM- 6:30PM
\$24 Residents/\$36 Non-Residents

Riverside (Ages 6-19).....RS01

(Advanced group)
Mon/Wed/Thu, Sep 8-Dec 22, 6:30PM- 8:00PM
\$48 Residents/\$72 Non-Residents

Riverside (Ages 6-19).....RS22

(Intermediate group)
Mon/Wed/Thu, Sep 8-Dec 22, 6:45PM- 7:45PM
\$36 Residents/\$54 Non-Residents

Tidal Wave Swim Team

The Tidal Wave age-group swim team offers youth a friendly, learner-focused environment. Swimmers must be able to kick one length (25 yards) on both stomach and back and be comfortable in deep water to join. Swimmers unable to perform pre-requisite criteria will be referred to the appropriate learn-to-swim program to develop swimming ability.

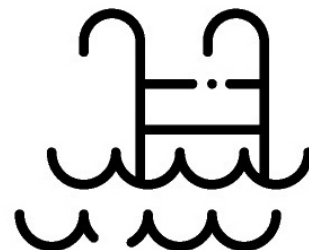
Activity Code: 2RCS0809
(Section codes listed below)

Pulaski (Ages 6-19)PK02

(Three 60-minute practices)
Mon/Tue/Thu, Sep 7-Dec 22, 6:30PM- 7:30PM
\$28 Residents/\$42 Non-Residents

Pulaski (Ages 4-12)PK03

(Two 45-minute practices)
Tue/Thu, Sep 7-Dec 22, 5:30PM- 6:15PM
\$18 Residents/\$27 Non-Residents



DID YOU KNOW?

Swimming is **beneficial** because the water keeps you cool, even as your heart gets a workout. Additionally, it's **gentle on your joints and muscles** and can also be very **relaxing**.

via webmd.com

ADULT COMP SWIM

Master's Swim - Weekdays

The Master's Swim Club is for the adult experienced swimmer. Course objectives vary among individuals. Some join to simply increase fitness levels while others use this program to train for triathlons. Your coach will work with you individually to reach your choice goals.

Activity Code: 2RCS0701
(Section codes listed below)

MacDowell (Ages 14 & up)..... JU11

Mon Sep 13-Dec 20, 5:15AM-6:15AM
\$28 Residents/\$42 Non-Residents

MacDowell (Ages 14 & up)..... JU12

Tue, Sep 7-Dec 21, 5:15AM-6:15AM
\$28 Residents/\$42 Non-Residents

MacDowell (Ages 14 & up)JU13

Wed, Sep 8-Dec 22, 5:15AM-6:15AM
\$28 Residents/\$42 Non-Residents

MacDowell (Ages 14 & up)JU14

Thu, Sep 9-Dec 16, 5:15AM-6:15AM
\$28 Residents/\$42 Non-Residents

MacDowell (Ages 14 & up)JU15

Fri, Sep 10-Dec 17, 5:15AM-6:15AM
\$28 Residents/\$42 Non-Residents

MacDowell (Ages 14 & up)JU21

Mon, Sep 13-Dec 20, 6:25AM-7:25AM
\$28 Residents/\$42 Non-Residents

MacDowell (Ages 14 & up)JU22

Tue, Sep 7-Dec 21, 6:25AM-7:25AM
\$28 Residents/\$42 Non-Residents

MacDowell (Ages 14 & up)JU23

Wed, Sep 8-Dec 22, 6:25AM-7:25AM
\$28 Residents/\$42 Non-Residents

MacDowell (Ages 14 & up)JU24

Thu, Sep 9-Dec 16, 6:25AM-7:25AM
\$28 Residents/\$42 Non-Residents

MacDowell (Ages 14 & up)JU25

Fri, Sep 10-Dec 17, 6:25AM-7:25AM
\$28 Residents/\$42 Non-Residents

Pulaski (Ages 14 & up).....PK01

(Thursday Evening Option)
Mon, Sep 13-Dec 20, 5:15PM- 6:15PM
\$28 Residents/\$42 Non-Residents

Pulaski (Ages 14 & up).....PK02

(Weekend Option)
Sat, Sep 25-Dec 18, 8:30AM- 9:30AM
\$28 Residents/\$42 Non-Residents

Riverside (Ages 14 & up)..... RS01

(Tuesday Evening Option)
Tue, Sep 7-Dec 14, 7:35PM- 8:35PM
\$28 Residents/\$42 Non-Residents

Riverside (Ages 14 & up)..... RS02

(Thursday Evening Option)
Thu, Sep 9-Dec 16, 7:45PM- 8:45PM
\$28 Residents/\$42 Non-Residents

Master's Swim - Weekend

The Master's Swim Club is for the adult experienced swimmer. Course objectives vary among individuals. Some join to simply increase fitness levels while others use this program to train for triathlons. Your coach will work with you individually to reach your choice goals.

Activity Code: 2RCS0702
(Section codes listed below)

MacDowell (Ages 14 & up)..... JU01

Sat, Sep 25-Dec 18, 7:25AM- 8:25AM
\$38 Residents/\$57 Non-Residents



Triathlon Cross Training

Coach Paul wants this to be the year you conquer your first triathlon! Triathlon specific swim techniques and tips will only be the beginning. Utilize the adjacent, newly expanded bike trails and improve running both on an outdoor track for drills and through the nearby parks for distance. Minimum recommended fitness level to be comfortable in class include: 50 yards of nonstop swim ability, 20 minute of jogging stamina and comfortable on your own bike.

Activity Code: 2RCS0704
(Section codes listed below)

Riverside (Ages 14 & up)..... RS01

Tue, Sep 7-Nov 9, 5:45PM- 7:15PM
\$42 Residents/\$56 Non-Residents



EVERYONE PLAYS!

If you receive state or federal assistance like FoodShare or BadgerCare, your children may be eligible to receive a scholarship to pay for most classes in the Milwaukee Recreation Guide. This includes arts & crafts, cooking, dance, fitness, language skills, music, outdoor education, sports, swimming and more!

Limited scholarships available. Apply today! Please call 414.475.8180 or visit mkerec.net/scholarship to learn more and complete our short application.

AQUATICS TRAINING

Lifeguard Training

Ages 15 and above. American Red Cross Lifeguard Training will give you the skills and knowledge needed to prevent and respond to aquatic emergencies. This course includes: water rescue skills, first aid and CPR. Prerequisites include: Swim 300 yards NON-STOP (using breaststroke and front crawl), Submerge 10-12 feet to retrieve a 10 pound brick and tread 2 minutes without hands. Successful participants from this class will be considered for immediate employment opportunities. Must attend a pre-course date before enrolling. 7 hours of on-line learning also accompany this course. Link to online content issued at the pre-course session. Course eligible for reduced fees when gainfully employed with Milwaukee Recreation.

Activity Code: 2RAQ0601
(Section codes listed below)

Riverside (Ages 15-79)..... RS01

(Pre-test on Oct. 9 from 8:45AM - 10AM. Reserve 11/7 for make-up exams)

Sat, Oct 16-Oct 30, 8:45AM- 4:45PM
\$100 Residents/\$300 Non-Residents

Lifeguard Review Course

Lifeguards who need to re-new their certifications may register for this course. You must either possess a current Lifeguard certification card from a reputable organization or have participated in a full course within the previous 4 years. 2 water scenarios and 2 written exams will be conducted among other basic water rescue skills. Please prepare yourself in advance as little guidance or teaching of skills will occur during a review. Space is limited to the first paid 12 individuals. Course is not eligible for reduced fees.

Activity Code: 2RAQ0602
(Section codes listed below)

Riverside (Ages 16-80)..... RS02

Sat, Nov 6, 8:45AM- 4:45PM
\$60 Residents/\$90 Non-Residents

WSI - Water Safety Instructor

Age 16 & Above. The American Red Cross Water Safety Instructor (WSI) course will train candidates to teach a variety of swim classes including: Learn To Swim levels 1 - 6 for youth, multiple levels of parent-child aquatics and pre-school aquatics, 3 levels of swimming for adults and MORE! Prerequisites TESTED at a determined Pre-Course Date include: 25 yards of proficient swimming in: Front Crawl, Back Crawl, Breaststroke, Side-stroke, Elementary Backstroke and Butterfly, 2 minutes of treading in deep water and a head first entry (dive) into deep water. In addition to class time, 9 ON-LINE lessons must be completed with the American Red Cross to be eligible for certification. Successful participants may be considered for immediate employment opportunities with Milwaukee Recreation Aquatics. Course eligible for reduced fees when gainfully employed with Milwaukee Recreation.

Activity Code: 2RAQ0604
(Section codes listed below)

South Division (Ages 16-80)SD01

(Must attend in-water pre-course session. South Division Wed. Dec 1 from 6:30pm - 8pm)

Mon, Tues, Wed, Dec 27-Dec 29, 8:45AM- 4:15PM
\$160 Residents/\$240 Non-Residents

OPEN SWIM INFORMATION

LAP SWIM

Participants can register for individual lap swim opportunities by visiting mkerec.net/aquatics. Cost is \$3/swim. Lap swim is available at the following locations:

Hamilton High School

Tuesdays & Thursdays from 8:00pm - 8:50pm
Saturdays from 8:00am - 8:50am

Pulaski High School

Wednesdays from 5:15pm - 6:05pm

North Division High School

Tuesdays from 7:45pm - 8:30pm

South Division High School

Thursdays from 6:00pm - 7:00pm

Riverside High School

Mondays & Wednesdays from 7:45pm - 8:45pm
Saturdays from 8:00am - 8:50am

To reserve your lap swim session or for more information visit mkerec.net/aquatics or call 414.647.6067.

FAMILY OPEN SWIM

Members of your household can now reserve a single session of open pool time at **Gaenslen School (1250 E Burleigh St.)**. Children under the age of 7 must be accompanied in the water by an adult who will remain within arm's reach of the child. Each member of household wanting to swim should register to reserve adequate space. Swim caps are required. Cost is \$3/swim for residents and \$5/swim for non-residents.

Dates/Times Available:

- Wednesday, September 22 from 7:30pm - 8:30pm
- Wednesday, September 29 from 7:30pm - 8:30pm
- Wednesday, October 6 from 7:30pm - 8:30pm
- Wednesday, October 13 from 7:30pm - 8:30pm
- Wednesday, October 20 from 7:30pm - 8:30pm
- Wednesday, October 27 from 7:30pm - 8:30pm
- Wednesday, November 3 from 7:30pm - 8:30pm
- Wednesday, November 10 from 7:30pm - 8:30pm

To reserve your family's spot visit mkerec.net/aquatics and use activity code 2RAQ1032. Or call 414.647.6067.

COMMUNITY WELLNESS

Mil"WALK"ee

Join our walking club and get a cardio workout while exploring Milwaukee with us! Each week you will start at the location listed, walk 3-4 miles, and end back at the same spot. Contact Erica@mkerec.net with questions.

Activity Code: 2PL59003
(Section codes listed below)

Valentine WN01

(5918 W Vliet St)
Tue, Sep 21, 10:00AM-11:15AM
FREE

Mitchell Park Domes WN02

(524 S Layton Blvd)
Thu, Sep 23, 10:00AM-11:15AM
FREE

Colectivo WN03

(6745 W Wells St)
Tue, Sep 28, 10:00AM-11:15AM
FREE

Rainbow Park WN04

(700 S 119th St)
Thu, Sep 30, 10:00AM-11:15AM
FREE

Grant Park - Milwaukee County Parks .. WN05

(100 Hawthorne Ave)
Tue, Oct 5, 10:00AM-11:15AM
FREE

Lincoln Park WN06

(1000 W Hampton Ave)
Thu, Oct 7, 10:00AM-11:15AM
FREE

Havenwoods State Forest WN07

(6141 N Hopkins St)
Tue, Oct 12, 10:00AM-11:15AM
FREE

Warnimont Park WN08

(5400 S Lake Dr)
Thu, Oct 14, 10:00AM-11:15AM
FREE

Riverside Park WN09

(1500 E Park Pl)
Tue, Oct 19, 10:00AM-11:15AM
FREE

Pulaski Park WN10

(2677 S 16th St)
Thu, Oct 21, 10:00AM-11:15AM
FREE

Colectivo Coffee Lakefront WN11

(1701 N Lincoln Memorial Dr)
Tue, Oct 26, 10:00AM-11:15AM
FREE

Stone Creek Coffee WN12

(2650 N Downer Ave)
Thu, Oct 28, 10:00AM-11:15AM
FREE

Rochambo WN13

(1317 E Brady St)
Tue, Nov 2, 10:00AM-11:15AM
FREE

Urban Joe Cafe WN14

(7028 W Greenfield Ave)
Thu, Nov 4, 10:00AM-11:15AM
FREE

Hawthorne Coffee Roasters WN15

(4177 S Howell Ave)
Tue, Nov 9, 10:00AM-11:15AM
FREE

Likewise Coffee WN16

(232 E Erie St)
Thu, Nov 11, 10:00AM-11:15AM
FREE

Yoga

Release some stress in your life with the calming ritual of yoga. Yoga is a lifestyle incorporating natural exercise, diet, proper breathing, relaxation, and meditation. Wear comfortable clothing. Individuals with medical conditions should be cleared by a physician prior to participation.

Activity Code: 2PL59004
(Section codes listed below)

Beulah Brinton BN01

Fri, Sep 24-Nov 12, 10:30AM-11:15AM
FREE

Fitness in the Park Yoga

Practicing Yoga outdoors has many benefits including increasing body awareness, strength and flexibility while connecting you deeper with nature. Join us for an outdoor yoga class that will take you through a series of poses and breath work. Bring your own exercise mat and water. Contact Erica@mkerec.net with questions.

Activity Code: 2PL59006
(Section codes listed below)

Hawthorn Glen WN01

Wed, Sep 8-Sep 29, 5:30PM- 6:15PM
FREE

Hawthorn Glen WN02

Sun, Sep 19, 10:00AM-11:00AM
FREE

Hawthorn Glen WN03

Sun, Sep 26, 10:00AM-11:00AM
FREE

Hawthorn Glen WN04

Sun, Oct 3, 10:00AM-11:00AM
FREE

Hawthorn Glen WN05

Sun, Oct 10, 10:00AM-11:00AM
FREE

Wick Playfield WN06

Sat, Sep 11, 10:00AM-11:00AM
FREE

Wick Playfield WN07

Sat, Sep 25, 10:00AM-11:00AM
FREE

Wick Playfield WN08

Sat, Oct 2, 10:00AM-11:00AM
FREE

Health Insurance for You and Your Family



844.708.3837 • togetherCCHP.org

Fitness in the Park Bootcamp

Join us for an outdoor bootcamp class to challenge your entire body! Each class will include some strength, cardio and stretching exercises to give you a total body workout. Class is geared towards all fitness levels. Bring an exercise mat and water. Contact Erica@mkerec.net with questions.

Activity Code: 2PL59007
(Section codes listed below)

Custer Playfield WN01

(4001 W Custer Ave)
Mon, Sep 20-Oct 25, 4:00PM- 4:45PM
FREE

Southgate Playfield WN02

(3350 S 25th St)
Tue, Sep 21-Oct 26, 5:00PM- 5:45PM
FREE

Wick Playfield WN03

(Meet at Playground)
Wed, Sep 22-Oct 27, 4:00PM- 4:45PM
FREE

Glow with the Flow Yoga

This invigorating and upbeat flow yoga class will combine breath work and movement of the body. Black lights, glow sticks and a lively playlist will help set the mood! Join the party and Glow with the Flow! Bring your own exercise mat or purchase at site for \$10. Contact Erica@mkerec.net with questions.

Activity Code: 2PL59011
(Section codes listed below)

Beulah Brinton WN01

Tue, Sep 7, 7:00PM- 8:00PM
FREE

The 500 Rep Challenge

Test your strength and endurance with this class that will leave you feeling strong and accomplished! Move through an outdoor circuit by walking or running, completing five body weight exercises at each station. At the end of class, you will have completed 500 reps! All fitness levels welcome. Contact Erica@mkerec.net with questions.

Activity Code: 2PL59012
(Section codes listed below)

Wick Playfield WN01

(Meet at Playground)
Sat, Sep 18, 10:00AM-11:30AM
FREE

Walktober Challenge

This challenge encourages participants to walk every day in October. Regular walking has many benefits including maintaining a healthy weight, improving cardiovascular fitness, and better sleep and energy levels. Complete walks on your own or sign up for our organized walks listed under Community Wellness. Track your steps using a wearable device and log your weekly steps. Program rules and directions on how to log your steps will be emailed to all participants prior to the start of the challenge. Prizes will be awarded to those with the most steps!

Activity Code: 2PL59013
(Section codes listed below)

Various WN01

Mon-Sun, Oct 1-Oct 31, 12:00AM-12:00PM
FREE

Walktober Challenge Walks

Join our weekly walks to get some exercise and steps in for the Walktober Challenge! Each week, we will walk about 3 miles, starting and ending at the location listed.

Activity Code: 2PL59014
(Section codes listed below)

Brinton Playfield WN05

Sat, Oct 30, 10:00AM-11:00AM
FREE

Hawthorn Glen WN04

Fri, Oct 22, 10:00AM-11:00AM
FREE

Lakeshore State Park WN03

Mon, Oct 11, 5:00PM- 6:00PM
FREE

Pumping Station Playfield WN02

Sat, Oct 9, 9:00AM-10:00AM
FREE

Wick Playfield WN01

Fri, Oct 1, 10:00AM-11:00AM
FREE





COMING 2021!
¡Comienza 2021!




TOTAL WELLNESS

NEW MILWAUKEE RECREATION PROGRAM

A program focused on cancer prevention, health and wellness.

BIENESTAR TOTAL

PROGRAMA NUEVO DE MILWAUKEE RECREATION

Un programa centrado en la prevención del cáncer, la salud y el bienestar.

WEAVING AND FIBER ARTS



ABK Weaving Center
Gaenslen School
1250 E. Burleigh St.
414-267-5771
www.abkweavingcenter.org

Not Your Grandma's Knitting

Learn to knit and make cool contemporary accessories with your first project! This group includes continuing students and beginners. Instructor: MaryLee Knowlton

Activity Code: 2RAE6903
(Section codes listed below)

GaenslenGS01
 Thu, Sep 16-Nov 4, 4:00PM- 6:00PM
 \$41 Residents/\$41 Non-Residents

Weaving Basics and Beyond

Weavers continue the learning process by developing more advance weaving skills and planning more complex projects such as rugs, overshot, multi harness patterns etc. Supply fee is based on materials used. If you are a beginner and wish to take a class at the Beyond Basics time, please contact the weaving center at wilsonrz@milwaukee.k12.wi.us for permission first.

Activity Code: 2RAE6905
(Section codes listed below)

GaenslenGS01
 (Int./Adv.)
 Mon, Sep 13-Nov 1, 10:00AM-12:30PM
 \$54 Residents/\$54 Non-Residents

GaenslenGS02
 (Int./Adv.)
 Tue, Sep 14-Nov 2, 6:00PM- 8:30PM
 \$54 Residents/\$54 Non-Residents

GaenslenGS04
 (Int./Adv.)
 Wed, Sep 15-Nov 3, 1:00PM- 3:30PM
 \$54 Residents/\$54 Non-Residents

GaenslenGS06
 (Int./Adv.)
 Wed, Sep 15-Nov 3, 6:00PM- 8:30PM
 \$54 Residents/\$54 Non-Residents

GaenslenGS03
 (Int./Adv.)
 Thu, Sep 16-Nov 4, 6:00PM- 8:30PM
 \$54 Residents/\$54 Non-Residents

Tapestry Weaving

Tapestry weaving is the ideal way to create visual impact using the warp as your canvas and yarn as your paint. We will learn basic techniques to build on by weaving a sampler and by looking at examples of how these techniques can be used in designing. As tapestry is a slow process, you will be encouraged to work on your projects at home between classes. There are a few tapestry frame looms available for rental. Instructor: Peggy MacArthur

Activity Code: 2RAE6919
(Section codes listed below)

GaenslenGS01
 Tue, Sep 14-Nov 2, 10:00AM-12:30PM
 \$54 Residents/\$54 Non-Residents

Math for Weavers

Don't let the numbers frustrate you. Get comfortable using the math you need to calculate and substitute yarn, plan a project, warp your loom and more. Will need a pen, paper, a tape measure, ruler, and calculator. Must know how to warp a loom and read a weaving draft. Please Note: this class is taught online through Zoom. A link to access the class will be emailed prior to the class beginning. Please make sure your correct email is on file.

Activity Code: 2RAE6950
(Section codes listed below)

OnlineVR01
 Thu, Nov 4-Nov 18, 2:00PM- 2:40PM
 \$13 Residents/\$13 Non-Residents

Zen Stitch

Stitching by hand is a way to stimulate your inner creativity and become present in the moment. In this class we will explore Zen stitchery through hand sewing, embroidering, and embellishing with beads, buttons and baubles as a way to transform materials while relaxing and letting go of everyday worries. You can stitch away for the sheer pleasure of doing so, or work toward a creative project to tell your personal story through a pillow, book cover, bag or even a small quilt.

Activity Code: 2RAE6955
(Section codes listed below)

GaenslenGS01
 Wed, Sep 15-Nov 3, 4:00PM- 6:00PM
 \$34 Residents/\$34 Non-Residents

Weaving Beginner Basics

Beginners will learn to warp the loom and weave a sampler of patterns. They will be introduced to pattern and draft weaving as well as project planning. Returning Beginners will be able to hone their skills by making a scarf or table runner. Weavers are able to repeat this class as many times as they like but will be limited to these three projects. Samplers supply fee \$10 cash only due to the instructor at the first class.

Activity Code: 2RAE6959
(Section codes listed below)

GaenslenGS01
 Mon, Sep 13-Nov 1, 6:00PM- 8:30PM
 \$42 Residents/\$42 Non-Residents

GaenslenGS02
 Wed, Sep 15-Nov 3, 10:00AM-12:00PM
 \$42 Residents/\$42 Non-Residents

GaenslenGS03
 Thu, Sep 16-Nov 4, 10:00AM-12:30PM
 \$42 Residents/\$42 Non-Residents

Reading Weaver Drafts

Learn how to interpret weaving drafts from a variety of sources both familiar (Davison, Dixon, Handwoven) and less popular (Oelsner and Worst) to expand your pattern possibilities!

Activity Code: 2RAE6960
(Section codes listed below)

GaenslenGS01
 Thu, Oct 14-Oct 21, 10:00AM-11:30AM
 \$13 Residents/\$13 Non-Residents

Advanced Techniques with Rigid Heddle Looms

Explore the possibilities beyond plan weave using pickup sticks, supplemental heddle rods, and more. Prior weaving experience required. We will have pre-warped looms for weavers to use. \$10 cash supply fee due to instructor at the beginning of class.

Activity Code: 2RAE6961
(Section codes listed below)

GaenslenGS01
 Tue, Oct 19-Oct 26, 2:00PM- 3:30PM
 \$13 Residents/\$13 Non-Residents

GaenslenGS02
 Tue, Nov 2-Nov 9, 6:00PM- 7:30PM
 \$13 Residents/\$13 Non-Residents



ARTS & CRAFTS

Acrylic Painting

In this course you will have fun learning painting techniques such as recognizing shapes, light sources, and values. Beginners to advanced will improve at their own pace. We will start with working from photographs along with professional guidance from award-winning artist Laura Easey-Jones. A supply list will be provided on the first day of class. If you have any questions, please contact us at (414) 647-6065.

50+ Activity Code: 2R550913
(Section codes listed below)

OASIS 5501
Mon, Sep 13-Oct 18, 9:30AM-11:30AM
\$26 Residents/\$39 Non-Residents

OASIS 5503
Mon, Nov 1-Dec 6, 9:30AM-11:30AM
\$26 Residents/\$39 Non-Residents

Craft Club

Crafting fun for everyone. No experience necessary! Explore all types of crafts in a friendly and nurturing atmosphere! Be amazed at your secret creative skills! A \$20 (cash only) supply fee is due to the instructor at the first class. If you have any questions, please contact us at (414) 647-6065.

50+ Activity Code: 2R550903
(Section codes listed below)

Enderis Playfield EF01
Tue, Sep 7-Nov 23, 9:00AM-12:00PM
\$15 Residents/\$23 Non-Residents

Drawing & Painting

Whether you are a beginner or a pro, join us for adventures in all types drawing and painting! Work independently or follow weekly lessons and challenges to grow your artistic skills! Above all, have fun! Basic supplies will be provided. If you have any questions, please contact us at (414) 647-6065.

50+ Activity Code: 2R550902
(Section codes listed below)

Enderis Playfield EF01
Tue, Sep 7-Oct 12, 5:00PM-7:00PM
\$23 Residents/\$28 Non-Residents

Enderis Playfield EF02
Tue, Oct 19-Nov 23, 5:00AM-7:00PM
\$23 Residents/\$28 Non-Residents



Explore Mixed Media

Make beautiful collage with paper, torn magazine pages, texture paste, stamps, paint, matte medium or mod podge, and much more. Each project is uniquely your own. Class is for all skill levels. After you master the basics, you may continue in the next session with additional projects such as paint pouring, Shibori dyeing, and alcohol inks to name a few. Basic supplies will be provided. If you have any questions, please contact us at (414) 647-6065.

50+ Activity Code: 2R550914
(Section codes listed below)

OASIS 5501
Mon, Sep 13-Oct 18, 12:30PM- 2:30PM
\$26 Residents/\$39 Non-Residents

OASIS 5502
Mon, Nov 1-Dec 6, 12:30PM- 2:30PM
\$26 Residents/\$39 Non-Residents

Holiday Crafts

Come and enjoy creating a variety of creative holiday crafts. The instructor will offer multiple options for creating holiday crafts and decorations that will allow you to take the holiday spirit into your home! Fee includes supply cost and is non-refundable.

50+ Activity Code: 2R550912
(Section codes listed below)

OASIS 5501
Wed, Dec 3, 9:30AM-11:00AM
\$5 Residents/\$8 Non-Residents

Acrylic Painting

This is an exciting, intuitive, hands-on class for anyone who wants to have fun while learning how easy it is to produce impressive acrylic paintings using dynamic and intuitive painting techniques! No previous painting ability is required. You do not have to be an artist to participate, but if you are already experienced, this new approach may just take your own work to new heights! A demonstration begins each class. Supply lists are available on the community centers' Facebook® pages: <https://goo.gl/bwvnhD>

Activity Code: 2RAE0901
(Section codes listed below)

Riverside RS01
Tue, Sep 14-Nov 2, 6:00PM- 8:00PM
\$50 Residents/\$75 Non-Residents

Basic Jewelry Making

Make beautiful jewelry by starting easy with a pair of earrings; progress to a bracelet and then a necklace. Class is for beginners or crafters with little beading experience. Instructor will provide coaching on crimping, use of soft wires, clasps, jump rings, split rings, multi-strand bracelets and necklaces, making wrapped loops, use of tools, and making your project fit well. A \$10 (cash only) tool and supply fee will be due to the instructor at the first class. Students will be provided a list of supplies/materials to purchase for weeks 2-6.

Activity Code: 2RAE0902
(Section codes listed below)

Milwaukee Marshall MR01
Sat, Sep 18-Oct 23, 10:00AM-11:30AM
\$26 Residents/\$39 Non-Residents

Milwaukee Marshall MR02
Sat, Nov 6-Dec 18, 10:00AM-11:30AM
\$26 Residents/\$39 Non-Residents

Cricut for Beginners

Did you have a Cricut® machine but have no idea how to use it? Cricut® is a brand of die-cutting machine that will take your crafting to a new dimension. This class is for any crafter. Learn about the Cricut® and all the fun projects you can do. You will discover resources to get free files. You will come out inspired and ready to enhance your creativity. Please bring your machine and your own materials.

Activity Code: 2RAE0903
(Section codes listed below)

Hamilton HA01
Sat, Sep 18-Oct 9, 9:00AM-11:00AM
\$32 Residents/\$48 Non-Residents



Crocheting / Knitting

Develop the techniques needed to complete your beautiful projects. Learn or gather new ideas and visit with fellow crafters. Bring a skein of yarn and knitting needles.

Activity Code: 2RAE0905
(Section codes listed below)

Milwaukee Marshall MR01
Mon, Sep 20-Nov 22, 6:00PM- 8:00PM
\$55 Residents/\$83 Non-Residents

Sewing the Standard Pillow

We will be sewing one or two pillowcases in classes. If you would like to sew one pillowcase you will need a 3/4 yard of the main fabric and 1/3 yard of a contrasting (top part of the pillowcase). Two pillows will need 1 1/2 yards main fabric and 2/3 yard of contrasting (top part of the pillowcase). Please bring seam ripper, scissors, and sewing pins to class.

Activity Code: 2RAE0906
(Section codes listed below)

Hamilton HA01
Sat, Oct 23-Oct 30, 1:30PM- 3:30PM
\$13 Residents/\$20 Non-Residents

Landscape Painting

This relaxing class will explore landscape painting in the comfort of the classroom. We will use acrylics and work from photos. The goal of the class is to develop your own interpretation. Class starts with a short demonstration to get you started. Learn to paint and change the way you see the world. The supply list is available on Facebook: <https://goo.gl/bwvHd>.

Activity Code: 2RAE0907
(Section codes listed below)

Riverside RS01
(Level 1)
Wed, Sep 15-Nov 3, 6:00PM- 8:00PM
\$50 Residents/\$75 Non-Residents

Create with Alcohol Inks II

A continuation to our basic Alcohol Inks class. We will explore using paint brushes to create pieces of art. The supply fee of \$8 in cash to the instructor on the first day of class. Prerequisite: Alcohol Inks I

Activity Code: 2RAE0908
(Section codes listed below)

Hamilton HA01
Mon, Oct 18-Oct 25, 6:30PM- 8:30PM
\$13 Residents/\$20 Non-Residents

MacDowell JU01
Thu, Nov 4-Nov 11, 6:30PM- 8:30PM
\$13 Residents/\$20 Non-Residents

Painting Portraits from Photos

Painting in acrylic or oil we will learn to see others in an artistic way. Realizing your own approach will be the goal of this class. We will start with a drawing and progress onto painting. Bone structure, muscles and anatomy will be covered. Each class starts with a short demonstration to get you started. The supply list is available on Facebook: <https://goo.gl/bwvHd>.

Activity Code: 2RAE0910
(Section codes listed below)

Riverside RS01
Mon, Sep 13-Nov 1, 6:00PM- 8:00PM
\$50 Residents/\$75 Non-Residents



Watercolor Painting

Create splendid, watercolor images applying magical layering of this transparent media. Explore expressive, effortless methods and techniques. Instructor offers demos and enthusiastic, personal guidance. Bring supplies to all sessions (call Brinton for supply list 414-481-2494).

Activity Code: 2RAE0917
(Section codes listed below)

Beulah Brinton BN01
(Beg.)
Wed, Sep 8-Sep 22, 6:15PM- 8:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN02
(Adv.)
Thu, Sep 9-Sep 23, 6:15PM- 8:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN03
(Beg.)
Wed, Oct 13-Oct 27, 6:15PM- 8:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN04
(Adv.)
Thu, Oct 14-Oct 28, 6:15PM- 8:15PM
\$19 Residents/\$29 Non-Residents

Creative Crochet Techniques

This class will review basic stitches before practicing heavier texture stitches like popcorns, shells, and post stitches. After creating swatches, we will discuss how to turn these stitches into different kinds of accessories. In preparation for spring we will focus on mesh and lace stitches. We will create swatches and learn to block these items, then discuss how to turn lightweight fabrics into beautiful summer shawls or home items. Bring a skein of light colored yarn of your choice with an appropriate hook (check the yarn label for hook size).

Activity Code: 2RAE0926
(Section codes listed below)

Beulah Brinton BN01
(New Stitches)
Mon, Sep 20-Nov 8, 10:30AM-11:30AM
\$24 Residents/\$36 Non-Residents

Beulah Brinton BN02
(Winter Themed Projects)
Mon, Nov 29-Jan 10, 10:30AM-11:30AM
\$16 Residents/\$24 Non-Residents

Glass Blowing

Come melt your problems away-Experience Glass Blowing. All classes work on aspects of blocking, marvering, shaping and applying color. Students will create their own work of art in one workshop. The individual process takes approximately 15 minutes per student. Please arrive at least 15 minutes before the start of your class to discuss safety procedures and choose colors. Class sizes have been reduced to allow for proper social distancing between students. Your individual art piece may be picked up 48 hours after your experience. Please ask your instructor for pick up times. Bring water and snacks to class. Fee includes supply cost and is non-refundable. Classes held at: Square One Art Glass, 5322 W. Vliet Street, www.squareoneartglass.com

Activity Code: 2RAE0928
(Section codes listed below)

Square One Art ClassSG01
(Orbs)
Wed, Nov 3, 5:30PM- 7:30PM
\$50 Residents/\$75 Non-Residents

Square One Art ClassSG02
(Bowls)
Sat, Nov 13, 11:00AM- 1:00PM
\$60 Residents/\$90 Non-Residents

Square One Art ClassSG03
(Pumpkins)
Wed, Nov 17, 5:30PM- 7:30PM
\$75 Residents/\$113 Non-Residents

Square One Art ClassSG04
(Orbs)
Wed, Dec 8, 5:30PM- 7:30PM
\$50 Residents/\$75 Non-Residents

Square One Art ClassSG05
(Bowl)
Sat, Dec 18, 11:00AM- 1:00PM
\$60 Residents/\$90 Non-Residents

Square One Art ClassSG06
(Paperweight)
Wed, Jan 5, 5:30PM- 7:30PM
\$70 Residents/\$105 Non-Residents

Square One Art ClassSG07
(Orbs)
Sat, Jan 15, 11:00AM- 1:00PM
\$50 Residents/\$75 Non-Residents



Runes and Rock Painting

Paint sigils, spirals, and ancient symbols on one of Nature's most steadfast canvases. Art created with intention give meaning to the symbols from the hand to the surface. Create ancient runes and Celtic designs and understand their meaning.

Activity Code: 2RAE0929
(Section codes listed below)

Hamilton HA01
Tue, Oct 19, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Iroquois Raised Beading

The Iroquois developed this technique during the Victorian Era to sell beading art to help support their families. Learn simple Iroquois raised beading techniques and learn the history and culture of the Haudenosaunee (People of the Longhouse). A \$15 (cash only) supply fee is due to the instructor at the first class.

Activity Code: 2RAE0936
(Section codes listed below)

Hamilton HA01
Tue, Sep 21-Oct 26, 6:00PM- 8:00PM
\$34 Residents/\$51 Non-Residents

Paper Flower Making

From the basic steps to advanced levels, beautiful flowers made of various papers can bring spring close to people. When you see the beauty of flowers, instilling joy and amazement, it is only natural to want to recreate them with your hands. In this class you may create carnations, golden bell flowers, iris, bellflowers, lilies, tulips, and so much more! A \$15 class fee for supplies is due to the instructor on the 1st day of class.

Activity Code: 2RAE0945
(Section codes listed below)

Hamilton HA01
Tue, Sep 21-Oct 12, 7:30PM- 8:45PM
\$16 Residents/\$24 Non-Residents

Paper Dolls Making

Using diverse papers, learners will create their own specific dolls through folding paper and using glue for decoration or special gifts. A \$20 supplies fee is due to the instructor on the first day of class.

Activity Code: 2RAE0993
(Section codes listed below)

Hamilton HA01
Mon, Oct 18-Nov 8, 5:30PM- 7:00PM
\$19 Residents/\$29 Non-Residents

Paper Block-Swan Making

In this class students will be able to get creative and make any bird they would like to! The basic folding for these blocks is easy, however, many blocks will need to be made. For example, a small swan needs more than 200 block pieces. If you want to increase your fine motor skills and persistence, this class is perfect for you. A \$15 supplies fee is due to the instructor on the first day of class. Youth and adult class are combined.

Activity Code: 2RAE0995
(Section codes listed below)

Hamilton HA01
Mon, Nov 15-Dec 6, 6:00PM- 7:15PM
\$16 Residents/\$24 Non-Residents



Crochet Your Winter Hat

It's not technically fall yet and we're talking about a winter hat. This class will prepare you for the inevitable. Previous experience is not required. Please bring a crochet hook and yarn.

Activity Code: 2RAE0950
(Section codes listed below)

Beulah Brinton BN01
Sat, Sep 18, 9:00AM-12:00PM
\$11 Residents/\$17 Non-Residents

Purrfect Homemade Cat Toys

For your furry friends who like to get into all your things, why not create cat toys. Come and have some fun making a needle felted catnip ball and a sewn material animal for your cat. A \$6 (cash only) supply fee is due to instructor at the first class. Class fee is non-refundable.

Activity Code: 2RAE0957
(Section codes listed below)

Hamilton HA01
Thu, Oct 21, 6:00PM- 9:00PM
\$11 Residents/\$17 Non-Residents

Abstract Painting With Melva*

An abstract composition is an arrangement of shapes and colors in space. In this class, students will paint with watercolor and acrylics making abstract flowers and people. A \$10 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

Activity Code: 2RAE0962
(Section codes listed below)

Milwaukee Marshall MR01
Thu, Oct 7-Oct 28, 6:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents

Survival Sewing

Learn the basics of operating a sewing machine by sewing straight and curved lines and turning corners on paper. In this class you will learn how to sew a button on material, thread the sewing machine and a simple pillow with fabric to make a hem. Bring basic sewing supplies which include scissors, sewing pins, seam ripper and fabric to class. This class is for beginners and those who want to be able to utilize a sewing machine or fixing sewing problems at home.

Activity Code: 2RAE0977
(Section codes listed below)

Hamilton HA01
Sat, Oct 2-Oct 16, 1:30PM- 3:30PM
\$19 Residents/\$29 Non-Residents



Explore the Art of Sketching

Explore drawing layout techniques as you learn One, Two, and Three point perspective, planes in the artistic sense and learn to draw a human face. A \$10 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

Activity Code: 2RAE0985
(Section codes listed below)

Hamilton HA01
Tue, Sep 21-Oct 12, 6:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents



Explore Painting with Acrylics

Learn how to apply, blend, and layer and the correct way of mixing colors. We will discuss how colors of light affects the colors of the object when it is lit. Students are encouraged to bring photographs they would like to paint within each class. Students must have completed a beginner level class to be enrolled in an advanced level. A \$10 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

Activity Code: 2RAE0986
(Section codes listed below)

Hamilton HA01
(Beg.)
Thu, Sep 23-Oct 28, 6:00PM- 8:00PM
\$34 Residents/\$51 Non-Residents

Hamilton HA02
(Adv.)
Thu, Nov 4-Dec 9, 6:00PM- 8:00PM
\$34 Residents/\$51 Non-Residents

Sewing 101

Been a long time since you touched a sewing machine? Maybe never? This class will teach you the basics of sewing machines, sewing terminology and techniques, and working with patterns. Supply list provided at the first class to create an easy bag. Sewing machines are available or bring your own.

Activity Code: 2RAE0988
(Section codes listed below)

Hamilton HA01
Thu, Sep 23-Nov 11, 6:00PM- 8:30PM
\$55 Residents/\$83 Non-Residents

Milwaukee Marshall MR01
Wed, Sep 22-Nov 10, 6:00PM- 8:00PM
\$44 Residents/\$66 Non-Residents

Explore Watercolor Painting

This is an introduction course to techniques of painting with water colors. Course will introduce students to application techniques and different ways to prep painting surfaces as well as discuss the fundamental differences in painting with water color versus painting with acrylics. Course will cover three different forms of watercolor mediums. A \$10 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

Activity Code: 2RAE0990
(Section codes listed below)

Hamilton HA01
Tue, Oct 19-Nov 9, 6:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents

Knitting

Develop the techniques needed to complete your beautiful projects. Learn or gather new ideas and visit with fellow crafters. Bring a skein of yarn and knitting needles.

Activity Code: 2RAE0997
(Section codes listed below)

Hamilton HA01
Tue, Sep 21-Nov 9, 6:30PM- 8:30PM
\$44 Residents/\$66 Non-Residents



Crocheting

Complete beautiful projects in this crochet class! Please bring your own crochet hooks and skein of yarn

Activity Code: 2RAE0999
(Section codes listed below)

Hamilton HA01
Mon, Sep 20-Nov 8, 6:30PM- 8:30PM
\$44 Residents/\$66 Non-Residents

Hamilton HA02
Mon, Nov 22-Dec 13, 6:30PM- 8:30PM
\$24 Residents/\$36 Non-Residents

COOKING

Cooking Demo - Taste of the World - International Chicken Dishes

NEW

The menu includes (India) Chicken Curry, (Indonesia) Sweet Soy Chicken, (Morocco) Yogurt Chicken and (Tuscany) Lemon Chicken. Fee includes food cost and is non-refundable. Please note, this is not a hands-on cooking class. The instructor will demonstrate how to prepare these recipes and you will observe and sample.

Activity Code: 2RAE1675
(Section codes listed below)

Riverside RS01
Sat, Sep 18, 11:00AM- 2:00PM
\$26 Residents/\$39 Non-Residents

Cooking Demo - International Soups

NEW

The menu includes (Africa-Tanzania) Coconut Potato Soup, (France) Leek Soup, (India) Spicy Parsnip Soup, and (South America-Columbia) Chicken & Potato Soup. Fee includes food cost and is non-refundable. Please note, this is not a hands-on cooking class. The instructor will demonstrate how to prepare these recipes and you will observe and sample.

Activity Code: 2RAE1676
(Section codes listed below)

Riverside RS01
Sat, Oct 16, 11:00AM- 2:00PM
\$26 Residents/\$39 Non-Residents

Cooking Demo - International Desserts & Chutneys

NEW

The menu includes: (Africa-West Africa) Lime Cake, (Britain) Scones, (Morocco) Meskouta Yogurt Cake, and a variety of chutneys. Fee includes food cost and is non-refundable. Please note, this is not a hands-on cooking class. The instructor will demonstrate how to prepare these recipes and you will observe and sample.

Activity Code: 2RAE1677
(Section codes listed below)

Riverside RS01
Sat, Nov 13, 11:00AM- 2:00PM
\$26 Residents/\$39 Non-Residents



CYCLING AND BIKE MAINTENANCE

Bike Maintenance with Billie

This class will teach you the skills needed to keep and maintain your bike in fine working order. These skills will save you time, money and make your rides easier and safer. With a few tools, you can make your bike rideable. This class is for beginners. In this class you will cover the following: changing a flat tire, fixing a slipped chain, completing a minor brake repair and seasonal cleaning. Class taught by Billie Myhra. Please bring your bike to class. Youth and adult classes are combined. Class fee is non-refundable. Supplies and tools provided by coastinnbikes.com.

Activity Code: 2RAE2807
(Section codes listed below)

Hamilton HA01
Sat, Oct 9, 10:00AM-11:30AM
\$7 Residents/\$11 Non-Residents

MacDowell JU01
Sat, Sep 25, 10:00AM-11:30AM
\$7 Residents/\$11 Non-Residents

Milwaukee Marshall MR01
Sat, Oct 2, 10:00AM-11:30AM
\$7 Residents/\$11 Non-Residents

Riverside RS01
Sat, Sep 18, 10:00AM-11:30AM
\$7 Residents/\$11 Non-Residents



DANCE

Adult Ballet

Through traditional ballet class structure of barre work, center exercise and traveling across the floor, adult ballet classes help you dance your way to stronger, longer muscles, improve posture, flexibility, agility, balance and core strength in a supportive and upbeat environment.

Activity Code: 2RAE2901
(Section codes listed below)

MacDowell JU01
Mon, Sep 20-Nov 8, 7:45PM-8:45PM
\$24 Residents/\$36 Non-Residents

Milwaukee Marshall MR01
Mon, Sep 20-Nov 8, 6:00PM-7:30PM
\$34 Residents/\$51 Non-Residents

African Dance

Explore the art of African dance as you enhance your rhythmic and creative movement skills. Experience African culture, music, and dance. Please wear comfortable clothing. All levels are welcome. Class is combined with youth class.

Activity Code: 2RAE2902
(Section codes listed below)

Riverside RS01
Sat, Sep 11-Oct 30, 1:00PM-2:00PM
\$26 Residents/\$39 Non-Residents

Riverside RS02
Sat, Dec 4-Jan 8, 12:00PM-12:55PM
\$18 Residents/\$27 Non-Residents

Bryant BY01
Wed, Sep 22-Nov 10, 7:15PM-8:15PM
\$24 Residents/\$36 Non-Residents

American Tribal Style Belly Dance

This class is based on group improvisational and synchronized movements that are a fusion of traditional and folkloric dances from the Middle East, Africa, Western Europe and Asia. American Tribal style of belly dance embodies strength and beauty, working all muscles in the body. Required: Zils (finger cymbals). Instructor will provide information on where to purchase Zils. Recommended: Hip scarf.

Activity Code: 2RAE2903
(Section codes listed below)

Riverside RS01
Tue, Sep 14-Nov 2, 6:30PM-8:00PM
\$39 Residents/\$59 Non-Residents

Ballroom Survival

When you attend a wedding or reunion, are you envious of the people gliding across the dance floor? Learn to waltz, fox-trot, cha-cha, etc., so that when the next song plays, you are the one sweeping others off their feet. Wear casual dress shoes.

Activity Code: 2RAE2904
(Section codes listed below)

Hamilton HA01
Wed, Sep 22-Nov 10, 7:00PM-8:30PM
\$34 Residents/\$51 Non-Residents

Milwaukee Marshall MR01
(Beg./Int.)
Tue, Sep 21-Nov 9, 6:45PM-7:45PM
\$24 Residents/\$36 Non-Residents



Urban Line Dance

Are you tired of trying to learn the latest line dances or trying to learn them at social gatherings? Join us and you'll no longer have to worry about catching up; you'll already know all the latest dances. All skill levels welcome. Wear comfortable shoes and clothing.

Activity Code: 2RAE2912
(Section codes listed below)

Milwaukee Marshall MR01
Wed, Sep 22-Oct 27, 6:00PM-7:00PM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall MR02
(Int./Adv.)
Wed, Sep 22-Oct 27, 7:15PM-8:15PM
\$20 Residents/\$30 Non-Residents

Milwaukee Marshall MR03
Wed, Nov 3-Dec 15, 6:00PM-7:00PM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall MR04
(Int./Adv.)
Wed, Nov 3-Dec 15, 7:15PM-8:15PM
\$20 Residents/\$30 Non-Residents

Hip Hop

This class teaches a combination of jazz and hip-hop/funk dance routines to popular pop and hip-hop songs.

Activity Code: 2RAE2918
(Section codes listed below)

Milwaukee Marshall MR01
Thu, Sep 23-Oct 28, 7:15PM-8:15PM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall MR02
Thu, Nov 4-Dec 16, 7:15PM-8:15PM
\$19 Residents/\$29 Non-Residents

*A word from our customers...
Salsa dance was a great experience!*

Salsa & Bachata Dance

Learn the two most popular Latin club dances in world! Learn the basics of "lead and follow", Latin body movement, musicality, and dance etiquette. No partner or experience required! Dancers rotate partners.

Activity Code: 2RAE2920
(Section codes listed below)

Riverside RS01
(Salsa & Bachata)
Mon, Sep 13-Nov 8, 7:00PM-8:00PM
\$24 Residents/\$36 Non-Residents

Riverside RS02
(Salsa & Bachata)
Mon, Nov 29-Jan 10, 7:00PM-8:00PM
\$16 Residents/\$24 Non-Residents

DRIVER EDUCATION

Adult Driver Safety

Ages 18 & up: Many adults find themselves needing to learn how to drive later in life. The Adult Driver Safety course will guide you to acquire a legal driver license. Topics will include: study materials for the permit test, working with the DMV, safe driving habits. This is a classroom session and does not include behind the wheel practice.

Activity Code: 2RAE3011
(Section codes listed below)

Hamilton HA01
Tue, Nov 2-Nov 16, 5:30PM- 7:30PM
\$12 Residents/\$18 Non-Residents

Milwaukee Marshall MR01
Tue, Oct 5-Oct 19, 5:30PM- 7:30PM
\$12 Residents/\$18 Non-Residents

FITNESS

Bootcamp

This class is an introduction to an intense workout that will include strength, conditioning, speed work, balance and plyometric drills. Watch your stamina and fitness level soar to new heights.

Activity Code: 2R553520
(Section codes listed below)

OASIS 5501
(Advanced)
Fri, Sep 10-Oct 22, 1:00PM- 1:50PM
\$14 Residents/\$21 Non-Residents

OASIS 5502
(Advanced)
Fri, Oct 29-Dec 10, 1:00PM- 1:50PM
\$14 Residents/\$21 Non-Residents



Building Strength

Get functional strength training and full body conditioning. This class will host opportunities to challenge all levels of fitness in addition to a 50+ level of fitness option by using a variety of equipment to create more mobility and strength for daily activities, as well as sculpt your entire body.

Activity Code: 2R553517
(Section codes listed below)

OASIS 5501
(50+ - Class content geared toward 50+ age group)
Tue, Sep 7-Oct 19, 9:00AM- 9:50AM
\$19 Residents/\$29 Non-Residents **50+**

OASIS 5502
(Intermediate/Advanced)
Tue, Sep 7-Oct 19, 10:00AM-10:50AM
\$15 Residents/\$23 Non-Residents

OASIS 5503
(50+ - Class content geared toward 50+ age group)
Tue, Oct 26-Dec 7, 9:00AM- 9:50AM
\$19 Residents/\$29 Non-Residents **50+**

OASIS 5504
(Intermediate/Advanced)
Tue, Oct 26-Dec 7, 10:00AM-10:50AM
\$15 Residents/\$23 Non-Residents

Chair Yoga

People of all abilities experience greater health and well-being in this chair yoga plus strength exercise class. Poses are done while sitting in or standing by a chair. Benefits include increased muscle strength, greater range of motion, improved posture, balance, and breathing, and an overall sense of greater well being. Free with OASIS. Center Membership (membership fees are \$15/Res and \$25/Non-Res). Membership is good for one year from purchase date. On-line registration is not available. If you have any questions, please contact us at (414) 647-6041.

50+ **Activity Code: 2R553508**
(Section codes listed below)

OASIS 5501
(OASIS membership required. See fees above.)
Mon/Wed/Fri, Sep 20-Dec 17, 9:00AM-10:00AM
FREE

Core Strength

Time to tighten the most important part of your body for stabilization; your core! In this class, you will increase the strength and endurance of your core muscles and improve your balance.

Activity Code: 2R553518
(Section codes listed below)

OASIS 5501
(50+ - Class content geared toward 50+ age group)
Tue, Sep 7-Oct 19, 11:00AM-11:30AM **50+**
\$16 Residents/\$24 Non-Residents

OASIS 5502
(Intermediate/Advanced)
Tue, Sep 7-Oct 19, 11:40AM-12:10PM
\$16 Residents/\$24 Non-Residents

OASIS 5503
(50+ - Class content geared toward 50+ age group)
Tue, Oct 26-Dec 7, 11:00AM-11:30AM **50+**
\$16 Residents/\$24 Non-Residents

OASIS 5504
(Intermediate/Advanced)
Tue, Oct 26-Dec 7, 11:40AM-12:10PM
\$16 Residents/\$24 Non-Residents

Drumming For Fitness

A fitness phenomenon gaining popularity at gyms and senior centers across the country lets participants exercise to the beat of their own drums -- literally. This Drumming For Fitness class combines traditional aerobic movements with the powerful beat and rhythm of drums. Participants will use their hands, drumsticks, fitness balls and a bucket to bring the fun back to fitness! Come and pound away the calories.

50+ **Activity Code: 2R553514**
(Section codes listed below)

OASIS 5501
Wed, Sep 1-Oct 20, 10:15AM-11:15AM
\$18 Residents/\$27 Non-Residents

Gentle Yoga

You can be fit at any age and healthy at any size. Registered yoga instructor, Gail Vella, will help you learn to let go of stress, relax and breathe as you strengthen your body and calm your mind. If you have any questions, please contact us at (414) 647-6065.

50+ **Activity Code: 2R553504**
(Section codes listed below)

OASIS 5501
Thu, Sep 9-Oct 21, 1:00PM- 2:00PM
\$26 Residents/\$39 Non-Residents

OASIS 5502
Thu, Oct 28-Dec 16, 1:00PM- 2:00PM
\$26 Residents/\$39 Non-Residents



Interval Training

This highly energetic class involves alternating bursts of intense activity with recovery periods. This is an efficient training method that helps to increase your cardiovascular intensity without burning yourself out.

Activity Code: 2R553521
(Section codes listed below)

OASIS 5501
(Advanced)
Fri, Sep 10-Oct 22, 2:10PM- 3:00PM
\$14 Residents/\$21 Non-Residents

OASIS 5502
(Advanced)
Fri, Oct 29-Dec 10, 2:10PM- 3:00PM
\$14 Residents/\$21 Non-Residents

StrongBodies

StrongBodies is a community-based strength training program aimed at adults that includes progressive resistance training, balance training, and flexibility exercises. StrongBodies is a strength training program for anyone desiring to slow down the bone and muscle loss process. In each class, ten exercises are performed that are geared toward progressive resistance training, balance training and flexibility exercises.

50+ **Activity Code: 2R553515**
(Section codes listed below)

OASIS 5501
Mon/Wed, Oct 4-Dec 1, 10:15AM-11:15AM
FREE

Senior Fitness Class

You CAN Do This Fitness Class is about dynamic muscle and toning exercises that include stretching, cardio, strength training and abdominal work. This fit camp is designed to teach techniques that would improve and maintain muscle tone, functional strength and overall cardiovascular health. A variety of apparatus will be introduced such as light weights, Resist-a-Balls, and more! If you have any questions, please contact us at (414) 647-6065.

50+ **Activity Code: 2R553511**
(Section codes listed below)

OASIS 5501
Wed, Sep 8-Oct 20, 12:30PM- 1:30PM
\$16 Residents/\$24 Non-Residents

OASIS 5502
Wed, Oct 27-Dec 8, 12:30PM- 1:30PM
\$16 Residents/\$24 Non-Residents

Zumba Gold

Zumba® Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Join other older adults that want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold® is the perfect fit. It is a dance-fitness class that feels friendly, and most of all, fun.

50+ **Activity Code: 2R553503**
(Section codes listed below)

OASIS 5505
Thu, Sep 9-Oct 21, 10:15AM-11:15AM
\$16 Residents/\$24 Non-Residents

OASIS 5501
Mon, Sep 13-Oct 25, 10:15AM-11:15AM
\$16 Residents/\$24 Non-Residents

OASIS 5506
Thu, Oct 28-Dec 9, 10:15AM-11:15AM
\$16 Residents/\$24 Non-Residents

OASIS 5502
Mon, Nov 1-Dec 13, 10:15AM-11:15AM
\$16 Residents/\$24 Non-Residents

ABSoGLUTely Fit

Want to look and feel better? In this class we will work on your upper and lower abdominals. In addition to improving your abs, students will focus on toning their gluteus and hamstrings. Bring your own exercise mat or purchase at site for \$10.

Activity Code: 2RAE3502
(Section codes listed below)

Bryant BY01
Wed, Sep 22-Nov 10, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Riverside RS01
Thu, Sep 16-Nov 4, 8:00PM- 8:45PM
\$28 Residents/\$42 Non-Residents

Belly Dance Aerobics

Belly dance aerobics involves exercises designed to tighten and tone your waist, hips and abdominal muscles through easy-to-follow isometric movements. This class will help to enhance your overall flexibility and general conditioning. Bring a hip scarf or purchase one from the instructor for \$10.

Activity Code: 2RAE3504
(Section codes listed below)

Hamilton HA01
Mon, Sep 20-Nov 8, 7:00PM- 8:00PM
\$24 Residents/\$36 Non-Residents

Hamilton HA02
Mon, Nov 15-Dec 6, 7:00PM- 8:00PM
\$13 Residents/\$20 Non-Residents

Cardio Plus

Like any fitness class, go at your own pace, but the instructor will make sure you leave with a good work out. Experience the health benefits of cardio exercises along with the muscle toning/building that comes with weight lifting. Wear comfortable clothing and tennis shoes.

Activity Code: 2RAE3510
(Section codes listed below)

Milwaukee Marshall MR01
Wed, Sep 22-Oct 27, 6:00PM- 7:00PM
\$22 Residents/\$33 Non-Residents

Bryant BY01
Wed, Sep 22-Nov 10, 7:00PM- 7:45PM
\$22 Residents/\$33 Non-Residents

Milwaukee Marshall MR02
Wed, Nov 10-Dec 15, 6:00PM- 7:00PM
\$22 Residents/\$33 Non-Residents



The Run Mix

Must be able to run a 5k (at any pace). We will incorporate strength training exercises and running during this one hour class. Wear running gear. We will be outdoors, weather permitting. Please bring mat, towel, and water.

Activity Code: 2RAE3512
(Section codes listed below)

Beulah Brinton BN01
Tue, Sep 14-Nov 2, 6:45AM- 7:35AM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02
Thu, Sep 16-Nov 4, 7:00AM- 7:50AM
\$28 Residents/\$42 Non-Residents

Gospel Aerobics

An uplifting experience for your body, mind and soul. Through muscle toning, abdominal control, and cardio stimulation you will receive a total body workout. A variety of gospel selections will be played. Bring your own exercise mat or purchase at site for \$10.

Activity Code: 2RAE3516
(Section codes listed below)

Milwaukee Marshall MR01
Mon, Sep 20-Nov 8, 6:00PM- 6:45PM
\$22 Residents/\$33 Non-Residents

Hoop Dance Workout

Hoop dancing is not just for kids! Today hula hooping has evolved into an exciting dance form called 'hoopdance', which has amazing benefits for the body and mind. Plus, it's fun! Hooping is for EVERY BODY. Hoops will be available to borrow or for purchase at sites. Cost range is \$20-\$35 per hoop.

Activity Code: 2RAE3518
(Section codes listed below)

Riverside RS01
(Beg.)
Sat, Sep 11-Oct 30, 11:15AM-12:15PM
\$26 Residents/\$39 Non-Residents

Riverside RS04
(Beg.)
Sat, Dec 4-Jan 8, 12:05PM- 1:05PM
\$16 Residents/\$24 Non-Residents

Pilates

A non-impact class where you will improve your core strength and flexibility. This class focuses on lengthening, defining, and strengthening your muscles. Wear comfortable clothing. Individuals with medical conditions should be cleared by their physician prior to participation.

Activity Code: 2RAE3521
(Section codes listed below)

Beulah Brinton BN02
Wed, Sep 22-Nov 10, 7:35PM- 8:35PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN05
Wed, Dec 1-Jan 12, 7:35PM- 8:35PM
\$19 Residents/\$29 Non-Residents

Hamilton HA01
Thu, Sep 23-Nov 11, 6:00PM- 7:00PM
\$28 Residents/\$42 Non-Residents

Hamilton HA02
Thu, Nov 18-Dec 16, 6:00PM- 7:00PM
\$13 Residents/\$20 Non-Residents

*A word from our customers...
We are lucky to have such a
skilled instructor for T'ai Chi!*

T'ai Chi & Qigong

T'ai Chi & Qigong are human movement systems created by the Chinese. Learn how to use movement to relax and balance your energy system. Wear comfortable clothing and flat soled shoes or stocking feet. Seniors and those with health limitations are encouraged to participate, as the movements can be adjusted to fit any fitness level. If you have any questions, please contact us at (414) 647-6065.

50+ **Activity Code: 2R553519**
(Section codes listed below)

OASIS 5501
Tue, Sep 7-Oct 19, 10:00AM-11:00AM
\$16 Residents/\$24 Non-Residents

OASIS 5502
Tue, Oct 26-Dec 7, 10:00AM-11:00AM
\$16 Residents/\$24 Non-Residents

Activity Code: 2RAE3526
(Section codes listed below)

Hamilton HA01
Wed, Sep 22-Nov 10, 6:30PM- 7:30PM
\$28 Residents/\$42 Non-Residents

Hamilton HA02
Wed, Nov 17-Dec 15, 6:30PM- 7:30PM
\$13 Residents/\$20 Non-Residents

T'ai Chi Ch'uan

This Chinese form of relaxation will teach you stress-relieving techniques designed to release tension, improve flexibility and relax your body and mind.

Activity Code: 2RAE3527
(Section codes listed below)

Beulah Brinton BN01
(Beg.)
Tue, Sep 21-Nov 9, 12:15PM- 1:15PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02
(Int.)
Tue, Sep 21-Nov 9, 1:25PM- 2:25PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN03
(Beg.)
Wed, Sep 22-Nov 10, 11:15AM-12:15PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN04
(Beg.)
Tue, Nov 30-Jan 11, 12:15PM- 1:15PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN05
(Int.)
Tue, Nov 30-Jan 11, 1:25PM- 2:25PM
\$19 Residents/\$29 Non-Residents

Beulah Brinton BN06
(Beg.)
Wed, Dec 1-Jan 12, 11:15AM-12:15PM
\$19 Residents/\$29 Non-Residents

Women & Weights

Women & Weights is for all the ladies out there looking to get lean, toned and fit - quick! In this class, you will use light to moderate weights with lots of repetition in order to give you a total body workout. You will work through moves and techniques that will help you achieve strength you never knew you had. You will leave class feeling challenged, but ready to come back for more! Bring your own exercise mat or purchase at site for \$10.

Activity Code: 2RAE3535
(Section codes listed below)

Bryant BY01
Mon, Sep 20-Nov 8, 6:00PM- 6:45PM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall MR01
Tue, Sep 21-Oct 26, 5:45PM- 6:30PM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall MR02
Thu, Sep 30-Nov 4, 5:45PM- 6:30PM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall MR03
Tue, Nov 9-Dec 14, 5:45PM- 6:30PM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall MR04
Thu, Nov 11-Dec 16, 5:45PM- 6:30PM
\$19 Residents/\$29 Non-Residents

Riverside RS01
Tue, Sep 14-Nov 2, 7:30PM- 8:30PM
\$26 Residents/\$39 Non-Residents



Yoga

Release some stress in your life with the calming ritual of yoga. Yoga is a lifestyle incorporating natural exercise, diet, proper breathing, relaxation, and meditation. Wear comfortable clothing. Individuals with medical conditions should be cleared by a physician prior to participation.

Activity Code: 2RAE3536
(Section codes listed below)

Beulah Brinton	BN01
Mon, Sep 20-Nov 8, 8:00AM- 9:00AM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN02
Mon, Sep 20-Nov 8, 9:15AM-10:15AM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN03
Mon, Sep 20-Nov 8, 6:00PM- 7:00PM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN04
Tue, Sep 21-Nov 9, 8:00AM- 9:00AM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN05
Tue, Sep 21-Nov 9, 9:15AM-10:15AM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN06
Tue, Sep 21-Nov 9, 10:45AM-11:45AM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN07
Tue, Sep 21-Nov 9, 6:30PM- 7:30PM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN08
Wed, Sep 22-Nov 10, 6:30AM- 7:45AM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN09
Wed, Sep 22-Nov 10, 8:00AM- 9:00AM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN10
Wed, Sep 22-Nov 10, 9:15AM-10:15AM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN11
Wed, Sep 22-Nov 10, 6:30PM- 7:30PM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN12
Thu, Sep 23-Nov 11, 9:15AM-10:15AM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN13
Thu, Sep 23-Nov 11, 5:45PM- 6:45PM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN14
Fri, Sep 24-Nov 12, 8:00AM- 9:00AM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN15
Fri, Sep 24-Nov 12, 9:15AM-10:15AM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN16
Sat, Sep 25-Nov 13, 7:45AM- 8:45AM	
\$28 Residents/\$42 Non-Residents	

Beulah Brinton	BN17
Sat, Sep 25-Nov 13, 8:55AM- 9:55AM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN18
Mon, Nov 29-Jan 10, 8:00AM- 9:00AM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN19
Mon, Nov 29-Jan 10, 9:15AM-10:15AM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN20
Mon, Nov 29-Jan 10, 6:00PM- 7:00PM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN21
Tue, Nov 30-Jan 11, 8:00AM- 9:00AM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN22
Tue, Nov 30-Jan 11, 9:15AM-10:15AM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN23
Tue, Nov 30-Jan 11, 10:45AM-11:45AM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN24
Tue, Nov 30-Jan 11, 6:30PM- 7:30PM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN25
Wed, Dec 1-Jan 12, 6:30AM- 7:45AM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN26
Wed, Dec 1-Jan 12, 8:00AM- 9:00AM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN27
Wed, Dec 1-Jan 12, 9:15AM-10:15AM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN28
Wed, Dec 1-Jan 12, 6:30PM- 7:30PM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN29
Thu, Dec 2-Jan 13, 9:15AM-10:15AM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN30
Thu, Dec 2-Jan 13, 5:45PM- 6:45PM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN31
Fri, Dec 3-Jan 14, 8:00AM- 9:00AM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN32
Fri, Dec 3-Jan 14, 9:15AM-10:15AM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN33
Sat, Dec 4-Jan 15, 7:45AM- 8:45AM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN34
Sat, Dec 4-Jan 15, 8:55AM- 9:55AM	
\$19 Residents/\$29 Non-Residents	
Cooper	CP01
Tue, Sep 21-Nov 9, 6:30PM- 7:30PM	
\$28 Residents/\$42 Non-Residents	

Cooper	CP02
Tue, Nov 30-Jan 11, 6:30PM- 7:30PM	
\$19 Residents/\$29 Non-Residents	
Gaenslen	GS03
Wed, Sep 15-Nov 3, 7:15PM- 8:15PM	
\$28 Residents/\$42 Non-Residents	
Hamilton	HA01
Mon, Sep 20-Nov 8, 6:00PM- 7:00PM	
\$28 Residents/\$42 Non-Residents	
Hamilton	HA02
Mon, Nov 15-Dec 13, 6:00PM- 7:00PM	
\$16 Residents/\$24 Non-Residents	
MacDowell	JU02
Sat, Sep 18-Nov 6, 10:15AM-11:15AM	
\$28 Residents/\$42 Non-Residents	
MacDowell	JU05
Sat, Nov 13-Dec 11, 10:15AM-11:15AM	
\$19 Residents/\$29 Non-Residents	
Milwaukee Marshall	MR01
Tue, Sep 21-Oct 26, 6:00PM- 7:00PM	
\$22 Residents/\$33 Non-Residents	
Milwaukee Marshall	MR03
Tue, Sep 21-Oct 26, 7:05PM- 8:05PM	
\$22 Residents/\$33 Non-Residents	
Milwaukee Marshall	MR02
Tue, Nov 9-Dec 14, 6:00PM- 7:00PM	
\$22 Residents/\$33 Non-Residents	
Milwaukee Marshall	MR04
Tue, Nov 9-Dec 14, 7:05PM- 8:05PM	
\$22 Residents/\$33 Non-Residents	
Riverside	RS03
Mon, Sep 13-Nov 1, 7:00PM- 8:00PM	
\$26 Residents/\$39 Non-Residents	
Riverside	RS05
Thu, Sep 16-Nov 4, 7:00PM- 8:00PM	
\$28 Residents/\$42 Non-Residents	
Riverside	RS08
Mon, Nov 29-Jan 10, 7:00PM- 8:00PM	
\$16 Residents/\$24 Non-Residents	
Riverside	RS07
Wed, Dec 1-Jan 12, 7:15PM- 8:15PM	
\$16 Residents/\$24 Non-Residents	

*A word from our customers...
Our yoga class had great
sequences and included
adaptations!*

Yoga - Gentle

Gentle Yoga is accessible to all levels and body types, and is especially suited for beginners. Basic stretches, postures and breath work help to develop strength, flexibility, balance, and body awareness. Bring your exercise mat or purchase at site for \$10.

Activity Code: 2RAE3537
(Section codes listed below)

Beulah Brinton	BN01
Mon, Sep 20-Nov 8, 12:00PM- 1:00PM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN02
Mon, Sep 20-Nov 8, 1:10PM- 2:10PM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN03
Thu, Sep 23-Nov 11, 1:30PM- 2:30PM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN04
Thu, Sep 23-Nov 11, 7:00PM- 8:00PM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN05
Sat, Sep 25-Nov 13, 10:00AM-11:00AM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN06
Mon, Nov 29-Jan 10, 12:00PM- 1:00PM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN07
Mon, Nov 29-Jan 10, 1:10PM- 2:10PM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN08
Thu, Dec 2-Jan 13, 1:30PM- 2:30PM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN09
Thu, Dec 2-Jan 13, 7:00PM- 8:00PM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN10
Sat, Dec 4-Jan 15, 10:00AM-11:00AM	
\$19 Residents/\$29 Non-Residents	
MacDowell	JU01
Sat, Sep 18-Nov 6, 9:00AM-10:00AM	
\$28 Residents/\$42 Non-Residents	
MacDowell	JU04
Sat, Nov 13-Dec 11, 9:00AM-10:00AM	
\$19 Residents/\$29 Non-Residents	
Riverside	RS02
Thu, Sep 16-Nov 4, 6:00PM- 7:00PM	
\$28 Residents/\$42 Non-Residents	
Riverside	RS05
Mon, Nov 29-Jan 10, 6:00PM- 7:00PM	
\$16 Residents/\$24 Non-Residents	
Riverside	RS06
Wed, Dec 1-Jan 12, 6:00PM- 7:00PM	
\$16 Residents/\$24 Non-Residents	

Yoga - Power

East meets West in this vigorous, fitness-based yoga class with a focus on flow, breath, strength, balance, and flexibility. Prior yoga experience is recommended. Bring your own exercise mat or purchase at site for \$10.

Activity Code: 2RAE3538
(Section codes listed below)

Beulah Brinton	BN01
Wed, Sep 22-Nov 10, 4:30PM- 5:30PM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN02
Thu, Sep 23-Nov 11, 4:45PM- 5:45PM	
\$28 Residents/\$42 Non-Residents	
Beulah Brinton	BN03
Wed, Dec 1-Jan 12, 4:30PM- 5:30PM	
\$19 Residents/\$29 Non-Residents	
Beulah Brinton	BN04
Thu, Dec 2-Jan 13, 4:45PM- 5:45PM	
\$19 Residents/\$29 Non-Residents	
Gaenslen	GS01
Wed, Sep 15-Nov 3, 6:00PM- 7:00PM	
\$27 Residents/\$41 Non-Residents	
Riverside	RS01
Mon, Sep 13-Nov 1, 6:00PM- 7:00PM	
\$26 Residents/\$39 Non-Residents	
Riverside	RS03
Mon, Nov 29-Jan 10, 6:00PM- 7:00PM	
\$18 Residents/\$27 Non-Residents	
Riverside	RS04
Wed, Dec 1-Jan 12, 6:15PM- 7:15PM	
\$16 Residents/\$24 Non-Residents	



Yoga & Meditation

Slow down. Just breathe. This class invites you to do just that while letting go of the stressful demands of your day. With a series of yoga poses, we'll help you to center your mind, body and breathing while preparing you for guided meditation and deep relaxation. Yoga increases flexibility, tones the muscles, increases lubrication of the joints, and massages the organs of the body, but those are just some of the benefits. Bring your own exercise mat or purchase at site for \$10.

Activity Code: 2RAE3539
(Section codes listed below)

Riverside	RS02
Mon, Nov 29-Jan 10, 7:00PM- 8:15PM	
\$16 Residents/\$24 Non-Residents	

Zumba®

Zumba® is a fun and easy workout with routines that feature easy-to-follow dance steps synced to Latin music helping you to tone and sculpt your body.

Activity Code: 2RAE3542
(Section codes listed below)

Gaenslen	GS01
Wed, Sep 15-Nov 10, 7:00PM- 7:55PM	
\$27 Residents/\$41 Non-Residents	

Zumba® Gold

Zumba® Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Join other older adults that want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold® is the perfect fit. It is a dance-fitness class that feels friendly, and most of all, fun.

Activity Code: 2RAE3543
(Section codes listed below)

Hamilton	HA01
Mon, Sep 20-Nov 8, 6:30PM- 7:30PM	
\$28 Residents/\$42 Non-Residents	



Yoga for Runners

This class is not strictly for runners. Yoga teacher and runner Annie Wegner LeFort will offer a threefold focus: 1) stretching the muscles we use most in running 2) encourage participants to explore different planes of the body to diversify their movements 3) build and strengthen the core muscles that runners need to maintain a strong, healthy form.

Activity Code: 2RAE3575
(Section codes listed below)

Beulah Brinton BN01

Thu, Sep 23-Nov 11, 4:00PM- 5:00PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02

Thu, Dec 2-Jan 13, 4:00PM- 5:00PM
\$19 Residents/\$29 Non-Residents

Yoga for Women's Health

This is a beginner level class that will focus on strengthening work specific to the female body. Class taught by certified yoga instructor, Annie Wegner LeFort.

Activity Code: 2RAE3589
(Section codes listed below)

Beulah Brinton BN01

Tue, Sep 21-Nov 9, 3:45PM- 4:45PM
\$28 Residents/\$42 Non-Residents

Beulah Brinton BN02

Tue, Nov 30-Jan 11, 3:45PM- 4:45PM
\$19 Residents/\$29 Non-Residents

Meditation

You will practice guided and mantra meditation, pranayama (mindful breathing exercises), and improving posture. Please bring a yoga mat and a cushion or small pillow.

Activity Code: 2RAE4113
(Section codes listed below)

Beulah Brinton BN01

Tue, Sep 21-Nov 9, 5:00PM- 5:30PM
\$13 Residents/\$20 Non-Residents

Beulah Brinton BN02

Tue, Nov 30-Jan 11, 5:00PM- 5:30PM
\$10 Residents/\$15 Non-Residents



HEALTH AND WELLNESS

Flower Power

Flowers have been used for healing for centuries. Flower essences are diluted liquid floral extracts used to benefit emotional well-being and mind-body health. Not to be confused with essential oils, which often utilize a whole plant, flower essence is taken in small amounts from the flower only. Flower essences are a subtle energy extract and working with them will help promote mental and spiritual wellness.

Activity Code: 2RAE4100
(Section codes listed below)

Hamilton HA01

Tue, Sep 21, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Autumn Fae

For the inner child and the curious, have some fun and join us in discovering the world of the Fae. What are they all about? Learn about the calming influence of fairy gardens. Fairy or Faerie (there is a difference). Real or not, that's up to you to decide. If you choose, come dressed as a fairy or favorite creature of the Faery world or learn how to get started in your quest of the Fae.

Activity Code: 2RAE4102
(Section codes listed below)

Hamilton HA01

Sat, Sep 25, 12:00PM- 2:00PM
\$8 Residents/\$12 Non-Residents

Mudras and Meditation

Meditation is often synonymous with the image of someone sitting in the lotus position with their thumb and index finger touching. There is a reason for this "mudra." Mudras are sacred or symbolic gestures primarily using the hands, but can incorporate other parts of the body as well. Hand, eye and facial gestures (poses) can expand breath, consciousness and energy systems. Please join us in this meditative journey.

Activity Code: 2RAE4104
(Section codes listed below)

Hamilton HA01

Thu, Sep 23-Nov 4, 7:15PM- 8:15PM
\$21 Residents/\$32 Non-Residents

Minute Meditation and Reiki

Learn some simple techniques that will teach you to lower your heart rate in minutes and deal with everyday stress. In addition, you will be introduced to Reiki, the ancient 'healing art' that is based on the belief that spiritual energy emits out of the practitioner's hands to cure various physical and emotional ailments. Learn how to make these energy techniques work for you!

Activity Code: 2RAE4107
(Section codes listed below)

Hamilton HA01

Mon, Oct 18-Nov 8, 7:15PM- 8:15PM
\$13 Residents/\$20 Non-Residents

Chakra Energy and Balance

Join us for Chakra Healing - an ancient philosophy and now a hot trend! This class will help you balance your body and mind using this ancient Eastern wellness belief based on seven energy centers that govern your organs and work together as one system yet independently. Take time to improve your well-being. Class fee is non-refundable.

Activity Code: 2RAE4117
(Section codes listed below)

Hamilton HA01

Mon, Sep 20-Oct 11, 7:15PM- 8:15PM
\$13 Residents/\$20 Non-Residents



Parsley, Sage, Rosemary & Thyme

Well, we're not exactly Scarborough Fair, but come take a little thyme out to join us for some sage advice on growing your own herb garden. Whether planted in the ground or in pots, herbs are little treasures we can open up again and again. Get tips on the top herbs to grow, which go well together, and what to do with all that basil. Learn about medicinal and healing properties as well as a little good 'ol folklore. Class fee is non-refundable.

Activity Code: 2RAE4120
(Section codes listed below)

Hamilton HA01

Tue, Sep 28, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Dream Boards

If you have already defined your dreams, it is time to illustrate them visually. Creating a dream board, or vision board, is a valuable visualization tool that serves as your image of your life's goals whether it is one specific goal or overall life picture. Bring photos, pictures, various forms of text, personal mementos, etc. to illustrate your board and remind you of who you are and where you want to be. Boards will be provided. Class fee is non-refundable.

Activity Code: 2RAE4138
(Section codes listed below)

Hamilton HA01
Tue, Oct 12, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Foot Reflexology Part 1

Reflexology is a science and an art that deals with the principle that there are reflex points on your feet, hands, face and ears. In this class we will discuss the feet and how you can help yourself deal with pain and stress in your body. Please bring a dry washcloth, and drinking water. We will learn how to help relieve stress by balancing the parasympathetic nervous system (the Rest and Digest System). If you can not reach your feet, bring a friend who can help you. Class taught by Gail Vella of Compassionate Reflexology. A \$7 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

Activity Code: 2RAE4150
(Section codes listed below)

MacDowell JU01
Tue, Nov 9, 6:30PM- 8:30PM
\$8 Residents/\$12 Non-Residents

Foot Reflexology Part 2

During this class we will continue to address your personal issues to help relieve pain and stress through your feet. This class is the second part of Foot Reflexology. Please bring a dry washcloth, drinking water, and lotion. Class taught by Gail Vella of Compassionate Reflexology. Class fee is non-refundable.

Activity Code: 2RAE4151
(Section codes listed below)

MacDowell JU01
Tue, Nov 16, 6:30PM- 8:30PM
\$8 Residents/\$12 Non-Residents

LANGUAGE SKILLS

Spanish

Learn appropriate Spanish words for: greeting, health, household, daily activities, weather and much more. The book that is used for the class is 'Spanish made Simple'. You can purchase the textbook for \$14 (cash or check only) on the first day of the class. If you have any questions, please contact us at (414) 647-6065.

50+ **Activity Code: 2R554401**
(Section codes listed below)

OASIS 5501
(Beginner Class)
Fri, Sep 10-Dec 17, 11:30AM- 12:30PM
\$24 Residents/\$36 Non-Residents

OASIS 5502
(Advanced Class)
Fri, Sep 10-Dec 17, 11:30AM- 12:30PM
\$24 Residents/\$36 Non-Residents

Sign Language

This language class focuses on finger spelling, vocabulary, non-verbal expressive skills and sentence structure. Class is combined with adult class.

Activity Code: 2RAE4405
(Section codes listed below)

Beulah Brinton BN01
Mon, Sep 20-Nov 8, 6:15PM- 7:15PM
\$24 Residents/\$36 Non-Residents

Beulah Brinton BN02
Mon, Nov 29-Jan 10, 6:15PM- 7:15PM
\$16 Residents/\$24 Non-Residents

Spanish Conversation

The ability to communicate in Spanish is necessary for many professions and is key to a greater enjoyment of travel south of the border. Receive instruction on pronunciation and essential grammar, through reading, writing and conversational practice. You can purchase the textbook for \$14 (cash or check only) on the first day of the class. Level 2 and 3 Spanish conversation requires working knowledge of general Spanish phrases and vocabulary.

Activity Code: 2RAE4406
(Section codes listed below)

Riverside RS01
(Level 1)
Mon, Sep 13-Nov 1, 6:00PM- 7:30PM
\$39 Residents/\$59 Non-Residents

Riverside RS02
(Level 2)
Mon, Sep 13-Nov 1, 7:30PM- 9:00PM
\$39 Residents/\$59 Non-Residents

Riverside RS03
(Level 3)
Tue, Sep 14-Nov 2, 6:00PM- 7:30PM
\$39 Residents/\$59 Non-Residents

Introduction to the Spanish Language

This course is designed to prepare you for the Beginning Spanish class. We will de-mystify the aspects of Spanish that are different from English. After completing the course, you should be able to hold a very basic conversation, ask and answer simple questions, deal with common traveling situations (times, cost, locations, restaurant choices, shopping phrases) and use other Spanish resources (guidebooks, phrasebooks, pocket translators) more effectively. Games and activities are used for in-class practice. A binder with reference materials and access to websites will provide opportunities for home practice. A materials fee of \$10 will be collected at the first session. This is a FUN way to begin your Spanish studies! This course will prepare you for the Beginning Spanish Class (Nov. 15-Dec 13) Don't forget to register for that class as well, to continue your studies!

Activity Code: 2RAE4407
(Section codes listed below)

Hamilton HA01
Mon, Sep 20-Nov 8, 6:00PM- 8:00PM
\$44 Residents/\$66 Non-Residents

Beginning Spanish

Pre-requisite: Successful completion of the Introduction to the Spanish Language course or consent of the instructor. In this class we will begin our formal studies using a popular Spanish textbook which students will purchase at the first class (\$25 cash). We will complete the introductory chapter and become familiar with the format of the textbook, workbook and lab materials. Students will have access to online activities for at home practice. Oral participation in class will be expected. Written assignments and answer keys will be provided. We will continue to employ games and activities created especially for this textbook to help us have fun while learning! Students who have completed the INTRO class will already be familiar with the format of these activities.

Activity Code: 2RAE4408
(Section codes listed below)

Hamilton HA01
Mon, Nov 15-Dec 13, 6:00PM- 8:00PM
\$29 Residents/\$44 Non-Residents

FORTIFY Spanish 3A

Pre-requisite: Successful completion of Spanish 3A or consent of the instructor. This class is intended for students who completed "Spanish 3A" in the fall of 2021. This class will serve as a "four-to-five" week opportunity to review and practice the vocabulary, grammar and conversation skills we learning in chapters 13-14 of our textbooks. We will focus on improving our speaking and listening skills in order to strengthen our "conversational competence and confidence" through partner activities and small group games. We will also focus on creating realistic situational dialogues based on previously learned vocabulary and grammar through direct dialogue activities. This class is intended for students who have been taking the Tuesday evening classes with Pat Prosser. This is a great way to continue your Spanish studies!

Activity Code: 2RAE4414
(Section codes listed below)

Hamilton HA01
Tue, Nov 16-Dec 14, 6:00PM- 8:00PM
\$29 Residents/\$44 Non-Residents

Juegos y Conversacion (Fechas, Citas y Familia)

Prerequisite: Working knowledge of basic spoken and written Spanish. En esta clase vamos a conversar en español, usando vocabulario y gramática relacionados con el tema indicado. Vamos a emplear juegos y actividades para practicar el vocabulario y después, crear "Diálogos Dirigidos" (Directed Dialogs) con una pareja o en un grupo pequeño. Los participantes deben saber hablar español básico. ¡Esta clase es para PRACTICAR; no para APRENDER! Las dos secciones son diferentes e independientes. Se puede registrarse en una o dos secciones.

Activity Code: 2RAE4416
(Section codes listed below)

Hamilton HA01
Wed, Sep 29, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

**Spanish 101**

Spanish 101 is a beginning course designed for students with no prior exposure to formal instruction in the language. The focus of the class is on listening and speaking practice and your participation in all activities is crucial to your success and mandatory.

Activity Code: 2RAE4426
(Section codes listed below)

MacDowell JU01
Wed, Sep 22-Nov 10, 6:00PM- 7:30PM
\$34 Residents/\$51 Non-Residents

Spanish 102

Spanish 102 is designed to introduce you to the Spanish language and the many facets of the Hispanic culture, and to develop all of your language skills: speaking, listening, reading, and writing. In this course, you will develop your ability to communicate satisfactorily in Spanish in everyday practical situations and you will acquire some of the skills necessary for effective reading and writing in Spanish. The course requires regular classroom participation.

Activity Code: 2RAE4427
(Section codes listed below)

MacDowell JU01
Wed, Sep 22-Nov 10, 7:45PM- 9:15PM
\$34 Residents/\$51 Non-Residents

Juegos y Conversacion (Comprando Ropa)

Prerequisite: Working knowledge of basic spoken and written Spanish. En esta clase vamos a conversar en español, usando vocabulario y gramática relacionados con el tema indicado. Vamos a emplear juegos y actividades para practicar el vocabulario y después, crear "Diálogos Dirigidos" (Directed Dialogs) con una pareja o en un grupo pequeño. Los participantes deben saber hablar español básico. ¡Esta clase es para PRACTICAR; no para APRENDER! Las dos secciones son diferentes e independientes. Se puede registrarse en una o dos secciones.

Activity Code: 2RAE4429
(Section codes listed below)

Hamilton HA01
Wed, Oct 27, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Spanish 3A

Pre-requisite: Successful completion of Spanish 2C or consent of the instructor. This course is intended for students who completed Spanish 2C with Pat in the summer of 2021. We will cover Chapters 13 & 14 in our textbooks. We will continue to learn new vocabulary, master new grammar concepts and put our knowledge into practice using games and activities designed especially for this textbook. Oral participation will be expected during class activities. In addition, students will be given access to websites (which will provide practice activities for students to do at home) and links to other helpful websites. The instructor is Pat Prosser. This is a great way to continue your Spanish studies! (Don't forget to register for FORTIFY 3A class!)

Activity Code: 2RAE4476
(Section codes listed below)

Hamilton HA01
Tue, Sep 21-Nov 9, 6:00PM- 8:00PM
\$44 Residents/\$66 Non-Residents

**Intermediate Italian**

This class will offer a review of the beginners curriculum to test level of knowledge of the language. Once that is established, we will learn how to improve conversation, knowledge of verbs and grammar, and practice how to handle different situations that are common when travelling to Italy or just to improve Italian Language skills. If you attended the Beginners Course, please bring the material from that class. New hand-outs and new curriculum will be included.

Activity Code: 2RAE4489
(Section codes listed below)

MacDowell JU01
Mon, Sep 20-Nov 15, 6:00PM- 7:30PM
\$34 Residents/\$51 Non-Residents

Korean Culture Class

Do you want to understand the BTS songs? Have you ever enjoyed K-pop or K-drama? Learn Korean language and build an understanding of the unique culture from traditional and contemporary lenses. Have fun with native language instructor covering everything with paper folding arts (origami), Taekwondo, calligraphy, and more. Students can have a chance to learn basic Korean language course with Hangeul, Korean alphabets. They will learn Korean conversation and writing.

Activity Code: 2RAE4401
(Section codes listed below)

Hamilton HA01
Sat, Sep 18-Oct 30, 2:15PM- 3:45PM
\$31 Residents/\$47 Non-Residents

Korean Culture II

If you can read Korean alphabets, you can take Korean Culture II. In this class you'll learn more in-depth knowledge relating to Korean history, arts, and music.

Activity Code: 2RCE4402
(Section codes listed below)

Hamilton (Ages 8-12)..... HA01
Sat, Sep 18-Oct 30, 8:30AM-10:00AM
\$22 Residents/\$33 Non-Residents

Hamilton (Ages 13-17)..... HA02
Sat, Sep 18-Oct 30, 10:15AM-11:45AM
\$22 Residents/\$33 Non-Residents

MARTIAL ARTS

Judo

Judo or 'gentle way/technique' focuses on manipulating an opponent's force against him/her rather than confronting it with one's own force. Join us to learn about judo under personalized instruction that focuses on technique and tradition. Students Interested in continuing through the advanced level must demonstrate a high level of comfort with properly executed Judo falls and have instructor approval. USJA and USMA associated. Please wear clothes without buttons or metal. Class is combined with youth class.

Activity Code: 2RAE4501
(Section codes listed below)

MacDowell JU03
Mon, Sep 20-Dec 6, 6:00PM- 7:15PM
\$34 Residents/\$51 Non-Residents

Tae Kwon Do

Tae Kwon Do is a Korean art of hand and foot fighting. A useful way for you to learn the art of self-discipline, mental preparation, concentration and self-control. Various kicking and punching techniques, correct body positioning and self-defense will be covered. A great opportunity to increase your flexibility, general conditioning and self-defense techniques.

Activity Code: 2RAE4503
(Section codes listed below)

Hamilton (Ages 15 & up) HA02
(Class is combined with youth class)
Mon/Wed, Sep 20-Nov 10, 5:30PM- 6:30PM
\$44 Residents/\$66 Non-Residents

Hamilton (Ages 15 & up) HA01
(Class is combined with youth class)
Mon/Wed, Sep 20-Nov 10, 6:45PM- 7:45PM
\$44 Residents/\$66 Non-Residents

MacDowell (Ages 15 & up)..... JU01
Tue/Thu, Nov 16-Dec 16, 6:00PM- 7:00PM
\$29 Residents/\$44 Non-Residents

MacDowell (Ages 15 & up)..... JU02
Tue/Thu, Nov 16-Dec 16, 7:15PM- 8:15PM
\$29 Residents/\$44 Non-Residents

Milwaukee Marshall (Ages 15 & up)... MR03
(White, Orange, & Yellow Belt)
Sat, Sep 18-Oct 23, 9:00AM-10:00AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 15 & up)... MR04
(White, Orange, & Yellow Belt)
Sat, Sep 18-Oct 23, 10:15AM-11:15AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 15 & up)... MR01
(White, Orange, & Yellow Belt)
Mon, Sep 20-Dec 13, 6:00PM- 7:00PM
\$34 Residents/\$51 Non-Residents

Milwaukee Marshall (Ages 15 & up)... MR02
(White, Orange, & Yellow Belt)
Wed, Sep 22-Dec 15, 6:00PM- 7:00PM
\$34 Residents/\$51 Non-Residents

Milwaukee Marshall (Ages 15 & up)... MR05
(White, Orange, & Yellow Belt)
Sat, Nov 6-Dec 18, 9:00AM-10:00AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall (Ages 15 & up)... MR06
(White, Orange, & Yellow Belt)
Sat, Nov 6-Dec 18, 10:15AM-11:15AM
\$19 Residents/\$29 Non-Residents

Riverside (Ages 15 & up)..... RS04
(All Ranks Adults)
Sat, Sep 11-Oct 30, 11:45AM-12:30PM
\$21 Residents/\$32 Non-Residents

Riverside (Ages 15 & up)..... RS05
(Int./Adv., Camo/Black Belt, combined with youth class)
Mon/Wed, Sep 13-Nov 3, 6:45PM- 7:30PM
\$39 Residents/\$59 Non-Residents

Riverside (Ages 15 & up)..... RS09
(Int./Adv., Blue/Black Belt, combined with youth class)
Mon/Wed, Sep 13-Nov 3, 7:30PM- 8:15PM
\$39 Residents/\$59 Non-Residents

Riverside (Ages 15 & up)..... RS07
(Beg. white-yellow belts, combined with youth class)
Mon/Wed, Nov 29-Jan 12, 6:00PM- 6:45PM
\$39 Residents/\$59 Non-Residents

Riverside (Ages 15 & up)..... RS08
(Black-belts only, all ranks, all ages)
Mon/Wed, Nov 29-Jan 12, 7:30PM- 8:15PM
\$32 Residents/\$48 Non-Residents

Riverside (Ages 15 & up)..... RS10
(Black belts only, all ranks all ages)
Sat, Dec 4-Jan 8, 11:45AM-12:30PM
\$16 Residents/\$24 Non-Residents

Women's Self-Defense

Be confident about protecting yourself when the need arises. Learn real life strategies and situational awareness to avoid confrontations. Learn basic escape techniques to get out of a situation, if one occurs. Class time includes awareness discussions and practicing techniques.

Activity Code: 2RAE4504
(Section codes listed below)

MacDowell (Ages 14 & up)..... JU01
Wed, Sep 22-Dec 8, 7:15PM- 8:15PM
\$32 Residents/\$48 Non-Residents

Schedule Changes:

Please note compliance with COVID-19 regulations may result in schedule changes. We will communicate these as soon as possible. Thank you for your understanding.

Your Safety is our Priority:

Please know we are taking the necessary precautions to ensure your safety while participating in Milwaukee Recreation programs. **The use of face masks or cloth face coverings is required when inside Milwaukee Recreation facilities for all staff and participants over the age of 3.** If you do not have a mask or face covering, one will be provided for you.

MUSIC

Songwriting 101

No matter what age, aspiring to be a great musician (or even good one) goes beyond merely practicing. Taught by Dennis Dykstra, learn the basics of music theory including ear training and songwriting. Let us help you become a better performer and increase your options as a musician. Don't bring an instrument to the first class. Class is combined with youth class.

Activity Code: 2RAE4601
(Section codes listed below)

Hamilton HA01
Wed, Sep 22-Nov 10, 7:45PM- 8:45PM
\$24 Residents/\$36 Non-Residents



Bass Guitar

Learn the basics, theory, riffs and chord progressions. Bring your own bass guitar. Class is combined with youth class. Class is taught by Dennis Dykstra.

Activity Code: 2RAE4602
(Section codes listed below)

Beulah Brinton BN01
Fri, Sep 24-Nov 12, 7:15PM- 8:15PM
\$24 Residents/\$36 Non-Residents

Beulah Brinton BN02
Fri, Dec 3-Jan 14, 7:15PM- 8:15PM
\$16 Residents/\$24 Non-Residents

Drums

Aspiring drummers will learn rhythm, accents, drum rolls and style. Bring a pair of drumsticks and a practice drum pad (available at most music stores). Class is combined with youth class.

Activity Code: 2RAE4603
(Section codes listed below)

Beulah Brinton BN01
Fri, Sep 24-Nov 12, 6:00PM- 7:00PM
\$24 Residents/\$36 Non-Residents

Beulah Brinton BN02
Fri, Dec 3-Jan 14, 6:00PM- 7:00PM
\$16 Residents/\$24 Non-Residents

Guitar

Learn basic chords, notes, and different strumming techniques. Strum your way to fun. Bring your own guitar. Class is combined with youth class.

Activity Code: 2RAE4604
(Section codes listed below)

Beulah Brinton BN01
(Beg.)

Sat, Sep 25-Nov 13, 2:00PM- 3:30PM
\$34 Residents/\$51 Non-Residents

Beulah Brinton BN02
(Beg.)

Sat, Dec 4-Jan 15, 2:00PM- 3:30PM
\$23 Residents/\$35 Non-Residents

Hamilton HA01
Thu, Sep 23-Nov 11, 6:00PM- 7:30PM

\$34 Residents/\$51 Non-Residents

Riverside RS01
(Beg. - Semi-Private)

Mon, Sep 13-Nov 1, 6:30PM- 8:00PM
\$39 Residents/\$59 Non-Residents

Riverside RS02
(Adv. - Semi-Private)

Mon, Sep 13-Nov 1, 8:15PM- 9:15PM
\$26 Residents/\$39 Non-Residents

Piano

No matter what you do in life, it's always important to start with the basics. This class will give beginning piano enthusiasts an introduction to the keyboard, keys, scales, chords, melodies, and note reading. Class is combined with youth class (excluding semi-private). Semi-private classes have a maximum enrollment of 4, the class fee includes books, and is non-refundable. Keyboards are provided for all classes.

Activity Code: 2RAE4607
(Section codes listed below)

Beulah Brinton BN01
(Beg.)

Sat, Sep 25-Nov 13, 10:30AM-12:00PM
\$34 Residents/\$51 Non-Residents

Beulah Brinton BN02
(Int.)

Sat, Sep 25-Nov 13, 12:15PM- 1:45PM
\$34 Residents/\$51 Non-Residents

Beulah Brinton BN03
(Beg.)

Sat, Dec 4-Jan 15, 10:30AM-12:00PM
\$23 Residents/\$35 Non-Residents

Beulah Brinton BN04
(Int.)

Sat, Dec 4-Jan 15, 12:15PM- 1:45PM
\$23 Residents/\$35 Non-Residents

Hamilton HA01
Wed, Sep 22-Nov 10, 6:00PM- 7:30PM

\$34 Residents/\$51 Non-Residents

Rock Band

Join the band, learn some advanced songs, and have fun! All types of musicians welcome; bring your musical instrument. Previous band experience required. Class is combined with youth class.

Activity Code: 2RAE4608
(Section codes listed below)

Beulah Brinton BN01
Sat, Sep 25-Nov 13, 4:00PM- 6:00PM

\$44 Residents/\$66 Non-Residents

Beulah Brinton BN02
Sat, Dec 4-Jan 15, 4:00PM- 6:00PM

\$29 Residents/\$44 Non-Residents



Sing Out!

Do you want to learn to sing or improve your confidence and control? Work on basic vocal techniques. Learn proper breathing, voice inflection, range and ear training. Class is combined with youth class.

Activity Code: 2RAE4609
(Section codes listed below)

Hamilton HA01
Thu, Sep 23-Nov 11, 7:45PM- 8:45PM
\$24 Residents/\$36 Non-Residents

Introduction to Harmonica

Learn the basic techniques of playing the harmonica. Before long you will be jamming with your classmates and showing off to your family and friends. Carry your music in your pocket! Please bring a 'Key of C' harmonica. Class is combined with youth class.

Activity Code: 2RAE4611
(Section codes listed below)

Hamilton HA01
Tue, Sep 21-Nov 9, 6:00PM- 7:00PM
\$24 Residents/\$36 Non-Residents

ORGANIZATION

Senior Downsizing and Relocation

Discussing the importance to start going through your belongings now and not leaving it to your loved ones to figure out on their own. This way, if/when they are no longer able to stay in their home and must move to senior living, they could have taken time to select the items most important to them instead of being pressured to hurry when that time comes. This can be very stressful for all involved. Also, they can take inventory of what they have and start passing on items they want to go to certain people or organizations or make notes of it for later. Class taught by professional organizer, Tamara Starr, Sweet Simplicity Professional Organizing. Class fee is non-refundable.

Activity Code: 2RAE2601
(Section codes listed below)

Hamilton HA01
Wed, Oct 13, 6:30PM- 8:30PM
\$12 Residents/\$18 Non-Residents

Moving and Selling Your Home

Discussing what to do when these big events are approaching - de-clutter, organize, downsize, pre-packing and so much more. Class taught by professional organizer, Tamara Starr, Sweet Simplicity Professional Organizing. Class fee is non-refundable.

Activity Code: 2RAE2602
(Section codes listed below)

Hamilton HA01
Wed, Oct 27, 6:30PM- 8:30PM
\$12 Residents/\$18 Non-Residents

Organize Your Home

You have decluttered your home, so now is the time to get organized! There is no one style that fits all so we'll figure out what type of clutter bug are you and what organizing style works best for you and your family. Class taught by professional organizer, Tamara Starr, Sweet Simplicity Professional Organizing. Class fee is non-refundable.

Activity Code: 2RAE2604
(Section codes listed below)

Hamilton HA01
Wed, Oct 6, 6:30PM- 8:30PM
\$12 Residents/\$18 Non-Residents

Declutter Your Home

Your home should be your castle, especially these days. The first step to getting organized is to declutter. In this class, discussion will include different ways to declutter your home and find the ones that work best for you so that you can get started and see the process through. Class taught by professional organizer, Tamara Starr, Sweet Simplicity Professional Organizing. Class fee is non-refundable.

Activity Code: 2RAE2605
(Section codes listed below)

Hamilton HA01
Wed, Oct 20, 6:30PM- 8:30PM
\$12 Residents/\$18 Non-Residents

OUTDOOR EDUCATION

Winter Bird Feeding

Many of our birds that brave the cold winter depend upon dried fruits and seeds for food to survive our harshest season. Learn which birds stay in Wisconsin throughout the winter and what else they need to survive. Listen to recordings of bird calls and learn to identify some of our feathered friends by the songs they sing, and even make your own feeder and other simple and fun hanging bird buffets to help our feathered friends during this chilly time.

50+ **Activity Code: 2R555001**
(Section codes listed below)

OASIS 5501
Wed, Nov 10, 12:15PM- 1:45PM
\$5 Residents/\$8 Non-Residents



Ornaments

We will use objects found in nature to create seasonal and festive ornaments. These hand-made ornaments are perfect for decorating your house or giving as gifts! Class fee is non-refundable and not eligible for reduced fees.

50+ **Activity Code: 2R555002**
(Section codes listed below)

OASIS 5501
Wed, Dec 8, 12:15PM- 1:45PM
\$5 Residents/\$8 Non-Residents

Leaf Prints

Using real leaves and paint we will make permanent and precise prints of leaves. Leaf prints are a great way to identify plants, start a nature journal and create fantastic art projects! Class fee is non-refundable and not eligible for reduced fees.

50+ **Activity Code: 2R555003**
(Section codes listed below)

OASIS 5501
Wed, Oct 13, 12:15PM- 1:45PM
\$5 Residents/\$8 Non-Residents



Pressed Plant Bookmarks

Design, decorate and laminate a beautiful bookmark using our pre-pressed plants! You will also be provided a how-to instruction for creating pressed plants at home. Class fee is non-refundable and not eligible for reduced fees.

50+ **Activity Code: 2R555004**
(Section codes listed below)

OASIS 5501
Wed, Sep 15, 12:15PM- 1:45PM
\$5 Residents/\$8 Non-Residents

Weather Policy & Program Cancellations:

School Day Cancellations:
If weather conditions cause Milwaukee Public Schools to close or dismiss early, Milwaukee Recreation programs will be canceled. Weekend weather cancellations for Milwaukee Recreation activities and interscholastic athletics/academics will be announced via the Milwaukee Recreation website (mkerec.net), social media, and local media.

PERSONAL SKILLS

You Have Pictures in Your Camera - Now What?

We have hundreds - if not thousands - of pictures in our camera, smartphones and computers. Now what...? This two-hour seminar teaches techniques to save and organize pictures from cameras and smartphones to external devices and to "the Cloud." Instructor is C.T. Kruger. Class fee is non-refundable.

Activity Code: 2RAE5402
(Section codes listed below)

Hamilton HA01
Tue, Nov 2, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

Riverside RS03
Tue, Nov 30, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

Herbs, Crystals and Stones

Humans have used plants for thousands of years in many different ways. Learn about the top 10 herbs and their benefits to your daily life. Find out what rocks are associated with love, success, happiness, and health. This workshop will help you explore ancient folklore and show you how to put these practices to work for you. A \$5 (cash only) supply fee is due to the instructor at class. Class fee is non-refundable.

Activity Code: 2RAE5405
(Section codes listed below)

Hamilton HA01
Tue, Nov 2, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

iPad/iPhone-Tips, Tricks, and Techniques

This class is specific to Apple iPhone, iPad and iPad Mini devices. Learn tips, tricks, and techniques to navigate, organize, backup and add apps to your iPhone, iPad, or iPad mini device. Instructor is C.T. Kruger. Class fee is non-refundable.

Activity Code: 2RAE5422
(Section codes listed below)

Hamilton HA02
Tue, Oct 19, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

Riverside RS03
Tue, Nov 16, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

The Camera in Your Smartphone

It's a camera, it's a photo album, it's a television - it's your phone. Learn about the apps, tips, tricks and limitations for pictures and video from iPhone and Android smartphone and tablets. This class will cover your device's camera, home and Cloud storage options, printing and more. Instructor is C.T. Kruger. Class fee is non-refundable.

Activity Code: 2RAE5423
(Section codes listed below)

Hamilton HA02
Tue, Oct 26, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

Riverside RS03
Tue, Nov 23, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

Felted Glycerin Soap Making

The first class you will make two glycerin soap bars. In the second class you will learn how to cover them in wool roving. This soap will exfoliate your skin. A \$7 (cash only) supply fee is due to the instructor at the first class. Class fee is non-refundable.

Activity Code: 2RAE5424
(Section codes listed below)

Hamilton HA01
Wed, Oct 13-Oct 20, 6:30PM- 8:30PM
\$13 Residents/\$20 Non-Residents

Being Mindful of Your Emotions: Emotional Intelligence Workshop

Who is in control you or your emotions? Emotions are powerful. In order to be mindful, it helps to know what we are feeling when we are feeling it. In this two-hour workshop, you will be guided through a four step process: Self Awareness, Self-Management, Social Awareness and Relationship Management that will put you on the path of responding instead of reacting to the world around you. Class fee is non-refundable.

Activity Code: 2RAE5432
(Section codes listed below)

Hamilton HA01
Wed, Oct 6, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Hamilton HA02
Wed, Nov 3, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Interviewing, Networking and Resume Creation

Bring your best professional self every time! Through role playing, and mapping out back-pocket questions, you will be prepared for whatever your next interview holds. Who knows you? When it comes to networking, it is all about the give and take. What are you giving to others? Before you go to another networking event, find out how to make the most of it. Google "resume" and there are so many options; where do you start? Bring a copy of your current resume and business cards if you have one, otherwise we will create a resume. Class fee is non-refundable.

Activity Code: 2RAE5437
(Section codes listed below)

Hamilton HA01
Wed, Oct 13, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Time Management

Do you feel stressed, frustrated and unproductive? Learn how to take back your life with practical tips and tricks to get time on your side. Class fee is non-refundable.

Activity Code: 2RAE5439
(Section codes listed below)

Hamilton HA03
Wed, Oct 20, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Foster Care in our Community

The foster care crisis in our community is growing. This free course is being offered so that participants can walk away understanding more about the foster care system, ways that they can consider helping, and the role of trauma in children in families' lives. Results from the Adverse Childhood Experiences (ACEs) study will be discussed. Participants will have the opportunity to leave with materials to help in continuing to educate the community. Course is taught by Teresa Cocker, Chief Program Officer at Norris. Norris is a nonprofit social service agency in southeastern Wisconsin.

Activity Code: 2RAE5441
(Section codes listed below)

Online (Ages 18-99) HA01
Thu, Sep 23, 7:00PM- 8:00PM
Free

Online (Ages 18-99) HA01
Wed, Oct 27, 7:00PM- 8:00PM
Free

Vital Communications

Everything starts with a conversation. When conflict arises, do you go into fight, flight or freeze mode? We avoid important conversations for a variety of reasons. Develop the courage to have these tough conversations. Join us for a two-hour workshop on improving your critical conversational skills. Class fee is non-refundable.

Activity Code: 2RAE5440
(Section codes listed below)

Hamilton HA01
Wed, Oct 27, 6:00PM- 8:00PM
\$8 Residents/\$12 Non-Residents

Cutting the Cord Controlling Cable and Internet Cords

Fees for cable television, home internet, smartphones and streaming services quickly add up to hundreds of dollars. This seminar reviews your options to cut costs and still watch television programs and have internet access on all devices. Instructor C.T. Kruger. Class fee is non-refundable.

Activity Code: 2RAE5443
(Section codes listed below)

Hamilton HA01
Tue, Oct 12, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

Riverside RS02
Tue, Nov 9, 6:30PM- 8:30PM
\$18 Residents/\$27 Non-Residents

No Power Tools Necessary

NEW Would you like to attend a quick tool school? Learn how to identify electrical repairs that you can do yourself instead of calling an electrician. In this hands-on class, you will learn how to replace a broken switch, update an old outlet and install a new light fixture. Cost includes four basic tools needed for these repairs that you will take home. Class taught by Brian Hunt, who is certified through the state of Wisconsin Department of Safety and Professional Services Dwelling Contractor and has over 15 years of experience in remodeling and new home construction. Class fee is non-refundable.

Activity Code: 2RAE5412
(Section codes listed below)

Hamilton HA01
Sat, Oct 30, 9:00AM- 11:00AM
\$50 Residents/\$75 Non-Residents

Riverside RS03
Sat, Oct 30, 12:00PM- 2:00PM
\$50 Residents/\$75 Non-Residents

SPORTS AND RECREATION

Pickleball

Pickleball is an enjoyable and fun game that is played on a badminton court with a lower net. The sport uses a perforated plastic ball and a wood or composite paddle. It is easy for beginners to learn and play but it can also offer a quick, fast-paced, and competitive game for experienced pickleballers. Come join us for open play with our avid pickleball players! If you have any questions, please contact us at (414) 647-6065.

Activity Code: 2R550101
(Section codes listed below)

Pulaski PK01
Sat, Oct 23-Dec 11, 9:00AM-12:00PM
\$18 Residents/\$27 Non-Residents

50+ Volleyball

Come and join our 50+ Volleyball League! This league fun and competition to ensure that everyone has a great experience. Online registration is not available, please call 647-6046 for more information.

50+ **Activity Code: 2R556801**
(Section codes listed below)

Beulah Brinton BN01
(Competitive Level Fall & Winter league.)
Tue/Thu, Sep 7-Apr 14, 9:15AM-11:45AM
\$15 Residents/\$38 Non-Residents

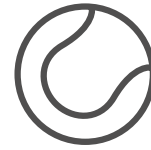
Beulah Brinton BN02
(Social Level Fall & Winter league.)
Tue/Thu, Sep 7-Mar 24, 9:15AM-11:45AM
\$15 Residents/\$38 Non-Residents

50+ Softball

Come and join our NEW 50+ Fall Softball League! This league will be a 5-game regular season, followed by 1 playoff game. Games will be played at Sijan Playfield (2100 W. KK. Pkwy.) on Wednesday's starting on September 8. This league is intended for fun and competition to ensure that everyone has a great experience. All skill levels are welcome!

50+ **Activity Code: 2R558101**
(Section codes listed below)

Sijan B203
Wed, Sep 8-Oct 13, 9:30AM-1:15PM
\$15 Residents/\$30 Non-Residents/\$10 Non-Player



Tennis Lessons

Prepare for the next match. These lessons will teach you the proper forehand, backhand and ground strokes needed to move the ball when it arrives on your side of the court. Learn the proper serving techniques to make ace serves. Bring your own racquet; wear sports clothing.

Activity Code: 2RAE6204
(Section codes listed below)

Milwaukee Marshall MR03
Sat, Sep 18-Oct 23, 8:45AM- 9:45AM
\$19 Residents/\$29 Non-Residents

Milwaukee Marshall MR04
Sat, Nov 6-Dec 18, 8:45AM- 9:45AM
\$19 Residents/\$29 Non-Residents

Co-Rec Volleyball

This open volleyball play will give you the chance to practice your skills in a friendly, non-competitive environment. Bring yourself and a friend for a fun night of volleyball. Everyone plays. Wear sports clothing. Fee is per person.

Activity Code: 2RAE6205
(Section codes listed below)

Milwaukee Marshall MR02
Wed, Oct 13-Dec 8, 7:30PM- 9:00PM
\$34 Residents/\$51 Non-Residents

Volleyball - Co-Ed League

BUMP, SET, SPIKE! Register now for this structured coed volleyball league. The registration must be complete with team name and information for all players including address, zip code and telephone number. Game times will fluctuate from week to week. Each team will be provided schedules the first week of play. A staff member will keep score. Teams must have 3 or more females. Online registration is not available for teams or individuals. Teams and individuals must register at Beulah Brinton Community Center. Fee is per person.

Activity Code: 2RAE6209
(Section codes listed below)

Beulah Brinton BN01
Tue, Sep 14-Dec 7, 6:15PM- 9:15PM
\$37 Residents/\$56 Non-Residents

Beulah Brinton BN02
Fri, Sep 17-Dec 10, 6:15PM- 9:15PM
\$34 Residents/\$51 Non-Residents



Golf Lessons

Don't know the difference between a wood and an iron, a green and fairway? Is an eagle just a large birdie? Learn the very basics of golf including how the game is played, terminology, proper grip, stance and swing. Participants must bring their own clubs.

Activity Code: 2RAE6212
(Section codes listed below)

Milwaukee MarshallMR01
Sat, Sep 18-Nov 6, 2:45PM-3:45PM
\$24 Residents/\$36 Non-Residents

Football Lingo

Do you live with or know someone who watches a LOT of football? Do you want to become more knowledgeable of the game and contribute to the conversation? Learn the lingo of America's most popular sport. We will kick knowledge like a football so you won't be left 3 yards behind in a cloud of dust. Everybody will go home with a football dictionary to use for future reference. Class fee is non-refundable.

Activity Code: 2RAE6255
(Section codes listed below)

Beulah BrintonBN12
Thu, Sep 9, 6:30PM-8:30PM
\$8 Residents/\$12 Non-Residents

Schedule Changes:

Please note compliance with COVID-19 regulations may result in schedule changes. We will communicate these as soon as possible. Thank you for your understanding.

Your Safety is our Priority:

Please know we are taking the necessary precautions to ensure your safety while participating in Milwaukee Recreation programs. **The use of face masks or cloth face coverings is required when inside Milwaukee Recreation facilities for all staff and participants over the age of 3.** If you do not have a mask or face covering, one will be provided for you.

ACTIVE OLDER ADULTS

Let's Talk Brain Health!

NEW

The Let's Talk Brain Health presentation provides information on dementia with a focus on brain health. Cristina Huitron (Dementia Care Specialist, from Milwaukee County DHHS Division on Aging) will discuss introductory information on dementia, risk factors for developing memory loss, normal vs not normal aging, warning signs of Alzheimer's, ways to reduce your risk of developing memory issues and the importance of early detection as well as programs and resources available through the Division on Aging. The first step to reducing your risk of developing memory issues is becoming educated on the topic and making lifestyle changes to incorporate healthier habits. What is good for the heart is good for the brain! Class is free but you must register! Participants have the option to attend in person or virtually via the Microsoft Teams platform. If you choose to attend virtually, a meeting link will be emailed prior to the session start date. Please call 414-647-6057 with any questions.

50+ Activity Code: 2R550110
(Section codes listed below)

OASIS 5501
Tue, Sep 7, 10:00AM-11:00AM
FREE

OASIS 5502
Tue, Oct 5, 10:00AM-11:00AM
FREE

OASIS 5503
Tue, Nov 2, 10:00AM-11:00AM
FREE

OASIS 5504
Tue, Dec 7, 10:00AM-11:00AM
FREE



GOLF

Adult Golf Lessons

These lessons will teach you the following golf techniques: proper grip, stance, swing, and putting position. Golf course etiquette and rules will also be covered. Clubs will not be provided - bring your own 5, 7 or 9 iron & putter. In the case of inclement weather, call the Weather Hotline at 414-475-8192 one hour before your lesson for notification of cancellations. Built in rain date is the weekend of October 23.

Activity Code: 2RAS3801
(Section codes listed below)

Hansen Golf CourseHN01
Sat, Sep 11-Oct 16, 10:00AM-11:00AM
\$21 Residents/\$32 Non-Residents

Hansen Golf CourseHN02
Sun, Sep 12-Oct 17, 2:00PM-3:00PM
\$21 Residents/\$32 Non-Residents



FALL 2021 ADULT TEAM SPORTS

TEAM REGISTRATION NOW OPEN! Visit mkerec.net/adultsports or contact the Adult Sports office at 414.647.6046 for more information or to register your team. League schedules, scores, and standings can be found at teamsideline.com/sites/MilwaukeeRecreation.

UPDATE: ADULT SPORTS REGISTRATION FEES

Beginning with the fall 2021 season, all Adult Sports team registration fees will now include player fees. Previously, player fees were collected separately from team fees; now they will be included with the team registration fee based on the average number of players for that sport. This change will streamline the registration process for both players and staff.

FALL BASKETBALL LEAGUES

Play 1 night/week in our men's (Wednesdays) basketball leagues. League registration closes on August 23. League play starts the week of September 8 and runs for 6 weeks. Team registration only. Team registration fee is \$330 (resident) and \$380 (non-resident).

FALL GOLF LEAGUES

Play 1 night/week in our coed (Saturdays or Sundays) golf leagues. League registration closes on August 30. League play starts the week of September 11 and runs for 6 weeks. Sign up as an individual or as a team of 2, 3 or 4. Individual registration fee is \$90.

FALL FLAG FOOTBALL LEAGUES

Play 1 night/week in our men's (Thursdays), coed (Tuesdays), and women's (Fridays) flag football leagues. League registration closes on August 23. League play starts the week of September 6 and runs for 8 weeks. Team registration only. Team registration fee is \$500 (resident) and \$550 (non-resident).

FALL KICKBALL LEAGUES

Play 1 night/week in our coed (Thursdays) kickball leagues. League registration closes on August 27. League play starts the week of September 6 and runs for 8 weeks. Team registration only. Team registration fee is \$307 (resident) and \$357 (non-resident).

FALL SOCCER LEAGUES

Play 1 night/week in our men's (Mondays) and coed (Tuesdays) soccer leagues. League registration closes on August 16. League play starts the week of August 30 and runs for 8 weeks. Team registration only. Team registration fee is \$307 (resident) and \$357 (non-resident).

FALL SOFTBALL LEAGUES

Play 1 night/week (6 games) or 2 nights/week (10 games) in our men's (Mondays through Thursdays) and coed (Tuesdays or Thursdays) softball leagues. League registration closes on August 16. League play starts the week of September 6 and runs for either 6 weeks or 5 weeks. Team registration only. Team registration fee for 2 nights/week is \$365 (resident) and \$415 (non-resident). Team registration fee for 1 night/week is \$285 (resident) and \$310 (non-resident). Early Bird savings of \$25 before August 10.

FALL VOLLEYBALL LEAGUES

Play 1 night/week in our coed (Wednesdays) and women's (Tuesdays) volleyball leagues. League registration closes on August 27. League play starts the week of September 6 and runs for 10 weeks. Team registration only. Team fees are \$312 (resident) and \$362 (non-resident).

KICK OR TREAT HALLOWEEN KICKBALL TOURNAMENT

Get your friends together in costumes for the KICK OR TREAT - Coed Kickball Tournament. Prizes for 1st place, 2nd place, and best dressed team. Team registration only. See ad below for details.

****NEW OFFERING** FALL ULTIMATE FRISBEE LEAGUE**

Play 1 night/week in our coed ultimate frisbee league. League registration closes August 23. League play starts the week of September 13 and runs for 7 weeks. Team registration only. Team fees are \$360 (resident) and \$410 (non-resident).

****NEW OFFERING** FALL OUTDOOR FUTSAL TOURNAMENT**

The new futsal courts at Burnham Playfield are ready for some action! Keep an eye out for information regarding fall futsal tournaments. If you are interested, please contact the Adult Sports Office at 414.647.6046 or adultsports@mkerec.net

INDIVIDUAL PLAYERS/FREE AGENTS

The Adult Sports Office only accepts TEAM registration for most sports. If you are an individual interested in participating, post a message on our free agent board at mkerec.net/adultsports and join an already formed team. This is an excellent opportunity for individuals and teams to have fun and meet people.

WANTED: OFFICIALS FOR ADULT LEAGUES

If you have experience officiating adult basketball, flag football, kickball, soccer, softball, or volleyball we need you! If you are interested, please contact the Adult Sports Office at 414.647.6046 or adultsports@mkerec.net

THERAPEUTIC RECREATION

Splash, Splash, Swim

The wave of the future begins with specialized swim instruction for individuals with disabilities. We provide 1 instructor per 4 students. Swimmers must be at least 3 years old. Due to physical distancing, assistance from a household member (age 16 or older) will be required in the water if the participant is not totally independent in water. Physical distancing from non-household members will take place in the pool. Fee for participant only. Swimmers must be at least 4 feet tall to go in the pool without a parent/adult. Family members and non-disabled participants are not eligible for lessons. Swimmers who need assistance in the locker room must provide their own attendant. Children ages 6 and above must use the appropriate male/female locker room. It is recommended to arrive to the class in swim gear. Participants must provide their own towel, suit, and swim cap (caps available for \$2). This is a Therapeutic Recreation Program for individuals with disabilities. Call (414) 647-6065 for more information.

Activity Code: 2RTR0501
(Section codes listed below)

Gaenslen (Ages 3 & up)GS01

Thu, Sep 23-Nov 11, 5:40PM- 6:40PM
\$36 Residents/\$54 Non-Residents

Gaenslen (Ages 3 & up)GS02

Thu, Sep 23-Nov 11, 7:00PM- 8:00PM
\$36 Residents/\$54 Non-Residents

Hamilton (Ages 3 & up)HA01

Tue, Sep 21-Nov 9, 5:45PM- 6:35PM
\$36 Residents/\$54 Non-Residents

Hamilton (Ages 3 & up)HA02

Tue, Sep 21-Nov 9, 6:55PM- 7:45PM
\$36 Residents/\$54 Non-Residents



Alley Cats

Bring your friends and family; create your own bowling team. Cost includes three games of bowling, shoes, and special events. Agencies must provide support staff. You must be a registered club member to bowl. An additional \$6.75 is due at the alley each week for bowling fees. Call (414) 647-6065 for more information. Meet at AMF West Lanes. Transportation is not provided. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable.

Activity Code: 2RTR6601
(Section codes listed below)

AMF West (Ages 6 & up).....AM01

(No program Nov. 28)
Sat, Oct 2-Dec 11, 9:00AM-11:00AM
\$8 Residents/\$8 Non-Residents

Awesome Appetizers and Desserts Too!

Like to cook and socialize with friends? Each week we will make either a dessert or an appetizer for all to enjoy. Great ideas for entertaining at home! An \$8 (cash only) supply fee is due at the first class. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 2RTR6602
(Section codes listed below)

Hamilton (Ages 10 & up)HA01

(No program Nov. 25)
Wed, Oct 6-Dec 8, 7:30PM- 8:30PM
\$27 Residents/\$41 Non-Residents

Computer Club

Computers are a great resource. Join us as we help you explore all you can do with a computer. Word processing, e-mail, Internet, games and more. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 2RTR6604
(Section codes listed below)

OASIS (Ages 13 & up) 5501

(No program Nov. 27)
Fri, Oct 8-Dec 10, 4:00PM- 5:00PM
\$27 Residents/\$41 Non-Residents

Culture Cafe

Culture Cafe has been a long time favorite cooking class and one you don't want to miss! Join us as we cook and enjoy delicious dishes from all over the world in addition to learning fun facts about the countries they originate from. An \$8 (cash only) supply fee is due at the first class. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 2RTR6605
(Section codes listed below)

Hamilton (Ages 10 & up)HA01

(No program Nov. 26)
Thu, Oct 7-Dec 9, 7:00PM- 8:30PM
\$40 Residents/\$60 Non-Residents

Diner's Club

Good friends and great food is what you'll find on Friday nights. We'll create a delicious dinner each Friday evening. Feel free to bring a favorite recipe to share and your appetite. An \$8.00 (cash only) supply fee is due at the first gathering. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 2RTR6606
(Section codes listed below)

OASIS (Ages 13 & up) 5501

(No program Nov. 27)
Fri, Oct 8-Dec 10, 5:00PM- 7:00PM
\$52 Residents/\$78 Non-Residents

Friday Night Combo with Boot Camp!

Our Friday Night Combo with Boot Camp includes T.R. Boot Camp, Diner's Club, and Movers & Shakers. An \$8 (cash only) supply fee is due at the first gathering. An additional \$2 (cash only) fee is due each week upon entry. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 2RTR6607
(Section codes listed below)

OASIS (Ages 13 & up) 5501

(No program Nov. 27)
Fri, Oct 8-Dec 10, 4:00PM- 9:00PM
\$82 Residents/\$122 Non-Residents



Friday Night Combo with Computers!

Our Friday Night Combo with Computers includes Computer Club, Diner's Club, and Moviers & Shakers. An \$8 (cash only) supply fee is due at the first gathering. An additional \$2 (cash only) fee is due each week upon entry. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 2RTR6608
(Section codes listed below)

OASIS (Ages 13 & up) 5501
(No program Nov. 27)
Fri, Oct 8-Dec 10, 4:00PM- 9:00PM
\$82 Residents/\$122 Non-Residents

Friday Night Combo with Games!

Our Friday Night Combo with Games includes Game and Card Night, Diner's Club, and Moviers & Shakers. An \$8.00 (cash only) supply fee is due at the first gathering. An additional \$2.00 (cash only) fee is due each week upon entry. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 2RTR6609
(Section codes listed below)

OASIS (Ages 13 & up) 5501
(No program Nov. 27)
Fri, Oct 8-Dec 10, 4:00PM- 9:00PM
\$82 Residents/\$122 Non-Residents

Game and Card Night

It's game night! Join your friends for a fun night of games! We will learn and play card games, in addition to trying our luck at some of the classic favorites like UNO and Pictionary! Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 2RTR6610
(Section codes listed below)

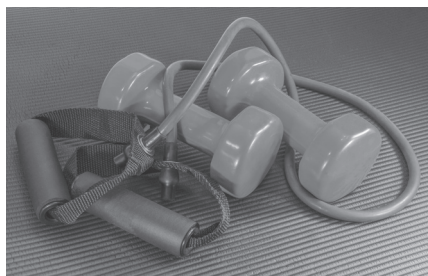
OASIS (Ages 10 & up) 5501
(No program Nov. 27)
Fri, Oct 8-Dec 10, 4:00PM- 5:00PM
\$27 Residents/\$41 Non-Residents

Let's Get Moving

Like the title says "Let's Get Moving"! Each week we will be active and get some exercise while having fun! Wear comfortable clothing and shoes. No experience necessary. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 2RTR6611
(Section codes listed below)

Hamilton (Ages 10 & up) HA01
(No program Nov. 26)
Thu, Oct 7-Dec 9, 6:00PM- 7:00PM
\$27 Residents/\$41 Non-Residents



Moviers and Shakers

If you enjoy movies, music and friends, then join us. This program alternates between a large screen movie and a hip-hoppin' dance party. A \$2 (cash only) fee is due each week upon entry. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RTR6612
(Section codes listed below)

OASIS (Ages 13 & up) 5501
(No program Nov. 27)
Fri, Oct 8-Dec 10, 7:00PM- 9:00PM
\$8 Residents/\$8 Non-Residents

Scrapbooking

Do you have photos at home waiting to be assembled in an album? We will show examples and help you create an artistic memory album. Supplies are included. Bring your favorite photos. Call 414-647-6065 for more information. This is a Therapeutic Recreation Program for Individuals with disabilities.

Activity Code: 2RTR6613
(Section codes listed below)

Hamilton (Ages 10 & up) HA01
(No program Nov. 25)
Wed, Oct 6-Dec 8, 6:00PM- 7:30PM
\$40 Residents/\$60 Non-Residents



Sunday Movie Madness

Love movies? So do we, so let's enjoy them together! On various Sundays, we will enjoy an afternoon matinee at South Shore Cinema, 7261 S.13th St., Oak Creek. You will be notified by mail of specific movies and times after registration. The one-time \$8 registration fee does not include the cost of the movie. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities. Class fee is non-refundable and not eligible for reduced fees.

Activity Code: 2RTR6615
(Section codes listed below)

South Shore Cinema (Ages 13 & up) ...VL01
(Monthly dates: 10/10, 10/24, 11/7, and 12/2)
Sun, Oct 10-Dec 12, Time Varies
\$8 Residents/\$8 Non-Residents

Super Saturday

Are you ready to have a Super Saturday?! Every Saturday afternoon we will have new and exciting things to do! From creating fantastic art projects to making delicious snacks to participating in exciting gym activities there's something for everyone to enjoy! And don't forget the awesome field trips and special events we will have throughout the season! It's an afternoon of fun that you and your friends don't want to miss!! Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 2RTR6616
(Section codes listed below)

Manitoba (Ages 6 & up) MB01
(No program Nov. 28)
Sat, Oct 2-Dec 4, 12:30PM- 4:00PM
\$69 Residents/\$104 Non-Residents

Milwaukee Marshall (Ages 6 & up) MR01
(No program Nov. 28)
Sat, Oct 2-Dec 4, 12:30PM- 4:00PM
\$69 Residents/\$104 Non-Residents

T.R. Boot Camp

Working out with friends is the best way to stay motivated!! Join our TR boot camp to help get you in a routine. We will try a variety of work-outs to keep it exciting and work various muscle groups. As always, we will adapt activities so all can participate. Call (414)-647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 2RTR6617
(Section codes listed below)

OASIS (Ages 13 & up) 5502

Wed, Oct 6-Dec 8, 6:00PM-7:00PM
\$27 Residents/\$41 Non-Residents

OASIS (Ages 13 & up) 5501

(No program Nov. 27)
Fri, Oct 8-Dec 10, 4:00PM-5:00PM
\$27 Residents/\$41 Non-Residents

Thursday Night Combo at Hamilton

Our Thursday Night Combo at Hamilton includes Let's Get Moving and Culture Cafe. An \$8 (cash only) supply fee is due to the instructor at the first class. Call (414) 647-6065 for more information. This is a Therapeutic Recreation program for individuals with disabilities.

Activity Code: 2RTR6618
(Section codes listed below)

Hamilton (Ages 10 & up) HA01

(Let's Get Moving & Culture Cafe. No program Nov. 26)
Thu, Oct 7-Dec 9, 6:00PM-8:30PM
\$65 Residents/\$98 Non-Residents

Wednesday Night Combo

Our Wednesday Night Combo includes Scrapbooking and Awesome Appetizers & Desserts Too. An \$8 (cash only) supply fee is due at the first gathering. Call (414) 647-6065 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 2RTR6620
(Section codes listed below)

Hamilton (Ages 10 & up) HA01

(Scrapbooking and Awesome Appetizers & Desserts Too!)
Wed, Oct 6-Dec 8, 6:00PM-8:30PM
\$65 Residents/\$98 Non-Residents

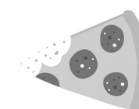
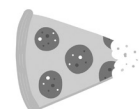
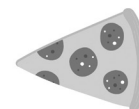
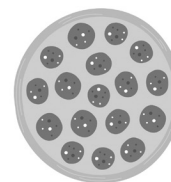
Sunday Super 6 Fall

Ready to end your weekend with fun in Milwaukee?! We have planned six different exciting outings. Join as many as you like. It's sure to be a great time! The one-time registration fee of \$8.00 does not include the cost of the outing. Information about specific outings will be sent to you after registration. Program registration fee is nonrefundable.

Activity Code: 2RTR6628
(Section codes listed below)

OASIS (Ages 13 & up) 5501

(Super 6 Events: 10/17, 10/24, 10/31, 11/14, 11/21, and 12/5)
Sun, Oct 17-Dec 5, Time Varies
\$8 Residents/\$8 Non-Residents

**Pizza Making**

Thin crust, thick crust, fruit pizza, veggie pizza, mini pizzas... there are so many fun ways to make pizza! Join us each week as we create and taste a new type of pizza. A \$2 (cash only) fee is due each week upon entry. Call (414) 647-6055 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 2RTR6634
(Section codes listed below)

OASIS (Ages 7-15) 5501

Tue, Oct 5-Dec 7, 6:00PM-7:30PM
\$40 Residents/\$60 Non-Residents

Wii, Lego, & Games Freestyle

Join us for this Tuesday night freestyle of activities! With a variety of activity options, it's sure to keep you entertained and having a great time. Participants can enjoy playing Wii games on the big screen, try their luck at board and card games, and get their creative juices flowing by building with legos! It's great night to be creative, play games, and spend time with friends! Call (414) 647-6055 for more information. This is a Therapeutic Recreation Program for individuals with disabilities.

Activity Code: 2RTR6635
(Section codes listed below)

OASIS (Ages 7-15) 5501

Tue, Oct 5-Dec 7, 6:00PM-8:00PM
\$33 Residents/\$50 Non-Residents

Share Today. Shape Tomorrow.**Mentor a child. Share your wisdom. Make a difference.**

As a volunteer, your experience, abilities and skills can positively shape the lives of children in our community. The Social Development Commission is looking for older adults (55+) to volunteer one-on-one with elementary school children in Milwaukee Public Schools.

Improve a child's life by:

- Tutoring in reading, math and other subjects
- Showing interest, encouragement and compassion
- Developing self-esteem

Volunteers receive:

- Paid training
- Hourly stipend
- Mileage reimbursement

The Foster Grandparent Program serves Milwaukee Public Schools. When you volunteer, you leave a lasting legacy. Help a child create pathways to success.

For additional information about SDC's Foster Grandparent Program, please call **414.906.4608** or visit us at **cr-sdc.org**



MILWAUKEE
PUBLIC SCHOOLS



TEAM MILWAUKEE SPECIAL OLYMPICS

Team Milwaukee is a registered agency with Special Olympics Wisconsin

This year-round sports program offers both adults and youth with intellectual disabilities the opportunity to learn and improve skills through training and competition in various sports. These programs will encourage participants to become more physically fit, socialize with others, and increase self-confidence. To participate in Area/State Special Olympics competitions, individuals must be 8 years or older and have completed the required Special Olympics medical form. Come join the fun!

Summer Season (May – August)

Softball
Tee Ball
Bocce Ball

Fall Season (August – November)

Flag Football
Bowling
Volleyball

Winter Season (December – March)

Basketball
Rhythmic Gymnastics

Spring Season (March – June)

Track & Field
Soccer

Year Round

Strength Training
All Abilities Yoga

Due to COVID-19, Team Milwaukee Special Olympics activities are constantly changing and evolving. Please contact Christine Cowan at christine@mkerec.net or call 414-647-3824 for more information and for the latest program offerings.





OASIS COMMUNITY CENTER

2414 W. Mitchell Street, Milwaukee, WI 53204-3025

Program Locations:

Brinton Community Center (2555 S. Bay St.)

Enderis Field House (2938 N. 72nd St.)

OASIS (2414 W. Mitchell St.)

Juneau Playfield (6500 W. Mt. Vernon Ave.)

ACTIVE OLDER ADULTS PROGRAM

Make your life more fulfilling by joining the Active Older Adults Program! The program provides active fitness, educational and recreational offerings for senior adults, fifty years and older. In addition to travel, classes, clubs and leagues, various services and volunteer opportunities are available. Activities are held indoors and outdoors, daytime, and some weekends.

INCLUDED WITH OASIS MEMBERSHIP

Membership cards are available at the OASIS Senior Center for \$15 for city of Milwaukee residents and \$25 for non-residents. Membership fee is good for one year from purchase date.

CHAIR YOGA	<ul style="list-style-type: none"> • Offered Monday, Wednesday, and Friday • Class Hours: 9:00am –10:00am
OUTDOOR EDUCATION CLASSES	<ul style="list-style-type: none"> • Offered on Thursdays - once a month • Class Hours: 12:15pm –1:45pm
COMPUTER LAB	<ul style="list-style-type: none"> • Offered Monday - Friday • Computer Lab Hours: 8:00am – 3:00pm
FITNESS CENTER	<ul style="list-style-type: none"> • Participants can register (in advance) for a 50-minute time slot in order to use the Fitness Center. • The time slots will start on the hour. • The Fitness Center will have a capacity limit of 3 people at a time. • Please call 414-647-6057 to check availability or schedule a time slot. • Fitness Center Hours: 8:00am – 3:00pm

**Please note, masks or face coverings are required to participate in all OASIS programs.*

To sign up, see page 2 • Centers are closed Sept. 6 and Nov. 25 & 26 • Face coverings required indoors for ages 3 & up.

Wisconsin Adaptive Sports Association

Not disABLED sports... wheelchair and adaptive sports!

WASA currently provides wheelchair and adaptive sports for those with physical and visual impairments to over 100 athletes from 6 to 60 years old. From the beginner to the Paralympian and everything in between WASA provides an outlet to be fit, active and healthy. Join us whether you just want to recreate locally or travel competitively, WASA has a place for you. Come join the FUN! – It's just a Different Pair of Shoes!

To sign up contact:

Sam Gracz, CTRS
Program Director
Wisconsin Adaptive Sports Association, Inc.
501(c)(3) tax exempt, nonprofit organization

Phone: 414-430-6543

Email: sam@wasa.org www.wasa.org



Milwaukee County Senior Dining Program

For more information on grab and go locations, please call 414-289-6995.



2021 HALLOWEEN COED KICKBALL TOURNAMENT

KICK OR TREAT

TEAM REGISTRATION

ALL PARTICIPANTS MUST BE 18 OR OLDER.
MINIMUM OF 10 PLAYERS PER TEAM.
TEAM MUST HAVE AT LEAST FOUR FEMALE PLAYERS.
COSTUMES ARE ENCOURAGED!
TO REGISTER CONTACT:
ADULTSPORTS@MILWAUKEERECREATION.NET
OR CALL 414-647-6046

GAMEDAY

SATURDAY, OCTOBER 30TH
10:00 AM TO 2:00 PM
WICK PLAYFIELD
4929 W VLIET ST.
MILWAUKEE, WI 53208

\$80
PER TEAM

MKE REC
A department of MPS

Sign up to receive SMS texts from Milwaukee Recreation



In an effort to better serve you, Milwaukee Recreation is making it easier than ever to communicate important updates, activity cancellations, facility closings, and program changes!

As a patron of Milwaukee Recreation programs, you can now receive and reply to real-time text message notifications when these changes happen.

The opt-in process is simple! Just scan the QR code to login and choose your phone numbers. You will receive a confirmation message upon opting in.

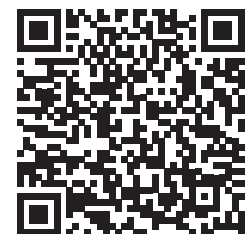


You can opt-out at any time.

For more information, contact us at 414-475-8180.

Milwaukee Recreation is looking for your feedback!

Please describe your experiences with Milwaukee Recreation by completing our brief survey at mkerec.net/CustomerSurvey or scan the QR code.



We value your opinion and strive to continue to improve the experiences for all of our community members when engaged with Milwaukee Recreation activities.

Give the gift of recreation this holiday season! A Milwaukee Recreation gift card is the perfect gift for any friend or family member. Call 414.475.8180 to purchase or for more information.



The Gift Card is redeemable for activities, events, admission fees, and products at any Milwaukee Recreation location or at MilwaukeeRecreation.net. The Gift Card is NOT redeemable for concessions, food services, cash or credit. For card balance or to report a lost, stolen or damaged card, please call 414.475.8180. We can replace the remaining value on a lost, stolen or damaged card with the original purchase receipt. No fees. No expiration date. No value until purchased. Reload the card online at MilwaukeeRecreation.net, at any of our locations during normal business hours, or by calling 414.475.8180.

An Update Regarding 50+ Travel Club:

Due to COVID-19, and additionally, the impact it has had on the vendors that serve us, Milwaukee Recreation has made the decision to forgo any 50+ Travel Club Trips until further notice. This decision was driven by our dedication to ensuring that the health and safety of our customers and employees comes first. Questions? Please call 414-647-6057.

Thank you for understanding!

A graphic for the "Run Back to School 2021" event. At the top, it says "RUN BACK TO SCHOOL" in a large, bold, black, stylized font. Below "TO SCHOOL" is "2021" in a smaller, bold, black font. To the right of the text is a logo for "MPS" (Milwaukee Public Schools) inside a circle. Below the main text, it says "JOIN US FOR THE 14TH ANNUAL" in a smaller, bold, black font. Underneath that, "RUN BACK TO SCHOOL!" is written in a large, bold, black, stylized font. The bottom section of the graphic contains text: "Milwaukee Recreation and MPS invite all runners and walkers to join us for the 14th annual Run Back to School on August 28, 2021 (rain or shine). Sign up for this event to enjoy a 5K run or 1.5 mile walk through Washington Park followed by some exciting family-friendly activities. All event proceeds will support youth recreation programs. Visit mkerec.net/rbts for more information. Activity code: 5RBS3301." The background of the graphic is a light gray with a subtle pattern.

A note from Milwaukee Recreation regarding COVID-19 scheduling and safety:

Schedule Changes: Please note, compliance with COVID-19 regulations may result in schedule changes. We will communicate these as soon as possible. Thank you for your understanding.

Your Safety is our Priority: Please know we are taking the necessary precautions to ensure your safety while participating in Milwaukee Recreation programs. **The use of face masks or cloth face coverings is required when inside Milwaukee Recreation facilities for all staff and participants over the age of 3.** If you do not have a mask or face covering, one will be provided for you.

Specific information regarding new registration policies can be found on page 2.

More information can be found at mkerec.net or by calling (414) 475-8811. Thank you for understanding!



FACE MASKS



Cloth face coverings are an additional step to help slow the spread of COVID-19 when combined with every day preventive actions and social distancing in public settings.

Face masks are **required** inside all Milwaukee Recreation facilities for all staff and participants over the age of 3.

Who should NOT use cloth face coverings: children under age 2, or anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

Cloth face coverings are NOT surgical masks or N-95 respirators. Surgical masks and N-95 respirators must be reserved for healthcare workers and other medical first responders, as recommended in CDC guidance.

Wear Your Face Covering Correctly

- Wash your hands before putting on your face covering.
- Put it over your nose and mouth and secure it under your chin.
- Try to fit it snugly against the sides of your face.
- Make sure you can breathe easily.

Use the Face Covering to Protect Others

- Wear a face covering to help protect others in case you're infected but don't have symptoms.
- Keep the covering on your face the entire time you're in public.
- Don't put the covering around your neck or up on your forehead.
- Don't touch the face covering, and, if you do, wash your hands.

Follow Everyday Health Habits

- Stay at least 6 feet away from others.
- Avoid contact with people who are sick.
- Wash your hands often, with soap and water, for at least 20 seconds each time.
- Use hand sanitizer if soap and water are not available.

Take Off Your Face Covering Carefully When You're Home

- Untie the strings behind your head or stretch the ear loops.
- Handle only by the ear loops or ties.
- Fold outside corners together.
- Place covering in the washing machine (learn more about how to wash cloth face coverings).
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

OUR MISSION, VISION, AND VALUES

MISSION

To enrich and strengthen the community by promoting healthy lifestyles, personal development, and fun through memorable recreational and educational experiences for people of all ages and abilities.

VISION

To be the leading provider of quality and affordable recreation services in the Milwaukee.

VALUES

The following are the core values that drive the work and interactions with the team and customers:



Equity

Ensuring access to recreation services for all.



Accountability

Taking individual and collective responsibility.



Memorable Experiences

Creating special, distinctive recreation experiences.



Professional Staff

Employing staff who possesses the core competencies of the department.



Quality Service Delivery

Exceeding customer expectations through responsive and respectful service delivery.



Sense of Community

Providing services that encourage personal connections and relationships.



Collaborations/ Partnerships

Fostering and maintaining partnerships with individuals and organizations that benefit the community

Halloween Glen

A NON-SCARY ALTERNATIVE TO HAUNTED HOUSES

Join us for our 28th Annual Halloween Glen! Actors will present interactive and educational skits at eight decorated stations at Hawthorn Glen, Milwaukee Recreation's 23-acre nature center. Things are looking up, so we are looking up at things! Lift your chins, raise your sights, and prepare for lofty ideas as you meet some of nature's top-level creatures who know how to hit the high notes! More details available in the Outdoor Education section of this recreation guide.



October 8 & 9 • This year's theme: Living the Sky Life!



MILWAUKEE
PUBLIC SCHOOLS

Enroll now for Fall 2021!



School starts:

Monday, August 16, 2021 (*Early Start Calendar*)
Thursday, September 2, 2021 (*Traditional Calendar*)

MPS is enrolling children for kindergarten – Grade 12.

- 1 Enroll online.** Quickest and most complete. Visit mpsmke.com/Enroll or scan the QR code. Usually takes 15–20 minutes to complete.
- 2 Enroll by phone.** Easy and convenient. Call the **Enrollment Hotline** at **(414) 267-5100**. An enrollment specialist will assist you and provide an application number for your records. Usually takes 20–30 minutes to complete.

For general questions regarding enrollment, contact MPS Student Services at **(414) 475-8159**.



Milwaukee Public Schools
Recreation Department
P.O. Box 2181
Milwaukee, WI 53201-2181
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A department of MPS

FALL 2021 Recreation Guide

Register online at mkerec.net. Call 414.475.8180 with any questions.

If you live in the city of Milwaukee and this booklet was NOT delivered directly to your mailbox, please visit mkerec.net/mail to complete our two-question mailing survey.

Para obtener ayuda en español: (414) 475-8180

Rohingya zuban ot modot ollá: (414) 475-8182

မြန်မာအတွက် အကူအညီ: (414) 475-8182

லாதீமைலா கட்டிநீர்வார் - (414) 475-8182

للمساعدة باللغة العربية: (414) 8182-475

Wixii caawin Af- Somali ah: (414) 475-8182

Xav tau kev pab hais ua lus Hmoob hu: (414) 475-8182